

ROUGH RUNNING NEWS



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

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Editorial

Well I must say I was tickled pink to be awarded the TACH Club Championship 2010 at the 12th Night Dinner on 8th January. Its a tribute to the friendly inclusive ethos of TACH that a slower runner like me can receive an award simply for showing up and taking part. Thank you to all those who have created such an accepting supportive environment.

Oh and for the record I didn't get the most points last year! That was Chris Smart but as Club Captain he can't win the prize! This club's just wacky, isn't it....

Right, this issue carries a Green Man special, after Jonathan's brilliant run on 29th January, completing the 45 mile circuit in 8 hours 12 minutes, the 3rd fastest on record. Cathy and I had great fun acting as his support crew and many other TACH members ran with Jonathan during the run.

Also, starting with this edition, I thought we'd run a Hot Topic section. This time:

What makes a good TACH pub?

Express your views on Facebook, in the Yahoo Group, email everyone or just pontificate over a pint after a Thursday evening run.....

News Bulletin:	Bits & pieces....including Chris in The Evening Post
Hot Topic:	What makes a good TACH pub?
Green Man Special:	Chris on the esoteric significance of the Challenge; Cathy on injury and the Green Woman Challenge; Jonathan and his run
Race Reports:	From Katie Rose to the Full Monty; Brent Knoll to the Kymin, its all there....
Race Results:	how we've all got on in the last 3 months
Club Championship:	an update from Chris Smart
Comments on Runs:	what we write in the pub after training runs
Next Training Runs:	Cathy and Jonathan's goodies for Thursday evenings until May

Many thanks for the contributions. I especially appreciate the ones freely offered without me nagging – please keep them coming!

My email address is: andyfagg@tantraweb.co.uk

And my mobile is 07986 360845.

Many thanks!

Andy Fagg

News Bulletin

1. 12th Night Dinner

Rob Hicks

The annual 12th Night Dinner was held at the Green Man pub yesterday. 36 Members and Guests were there to celebrate the achievements of last year and look forward to what 2011 will hold. The main prizes of the evening were won by Andy Fagg and Turtle. Andy is the 2010 TACH Championship winner whilst Ant was awarded the Green Man Trophy.

Well done chaps and thank you to Chrissie for organising a fantastic event.



Antony Clark – The Green Man Trophy in all its glory!

And from Chrissie:

Thanks to the amazing Green Man staff for such fab food, great organic booze and a lovely evening generally. When I e-mailed them to say thanks, I got an automatic reply back saying they were on holiday - presumably to recover!



Andy receives the 2010 Club Championship award from Club Captain, Chris.



Libby claims her £20 Moti token in the draw.

2. Moorland Multi Terrain: 23rd January 2011

An excellent race, with TACH members on the finishing crew, including Chris Smart labouring over his laptop. The winner was Matt Ellis of Westbury Harriers in an excellent time of 37.58 with Rob Hicks of TACH second in 39.24. Over £1200 was raised for the Avon Riding Centre for the Disabled. See the Race Results page for more details!

3. Libby's Token

And here is how she spent it!!



4. A GREAT BIG THANK YOU!!

Last night (12th November) we were able to present a cheque for £500 to local community charity, Avon Riding Centre which provides riding therapy for disabled adults and youngsters. This was as a result of proceeds from this and previous years summer pub races. Without the help of all of you club members this would not have been possible. So a great big thank you to everyone! Look out for a photo of the presentation (in the pouring rain!) in the Evening Post.

5. Summer Race Series

Pete Brown

As you may know, TACH organises a series of 3 or 4 public races each year, on Thursday evenings; the flyer for these is below.

The dates in 2011 are: 5 May, 9 June, 7 July, and possibly an extra race on 4 August.

The races cannot go ahead without marshals, and this is where you come in. We generally need around 12 or 14 marshals per race, who can be members, relatives, friends, or even casual acquaintances. TACHers are expected to marshal at least two of these if at all possible, and are invited to race the remaining one. As you may guess, we need the TACH runners to be spread equally among the three races, to avoid a dearth of marshals at the last race.

I'll write again a couple of weeks before the first race, to cajole you into marshalling, but you might like to put the dates in your calendar now, and give some thought as to which races you can marshal and which to enter.

When you've decided, or if you have any questions at all, please contact me on peter@peter-brown.co.uk, or Tel 0117 940 7560.

Do please try to help with the races. They are fun!



The Wrington Woodland Run.

7:15 pm, Thursday 5th May.

- About 10k. Two climbs of about 100 metres; the second one is severe!
- Click [HERE](#) for pictures of the course.
- Start/finish: The Lord Nelson, Cleeve, BS49 4NR. On the A370 Bristol to Weston-Super-Mare road.
- The pub is a *Hungry Horse*™ so you can fill up afterwards!

The Dundry Thunder Run.

7:15 pm, Thursday 9th June.

- About 10k of country roads, lanes and tracks - and Dundry Hill! Climbs of 130 metres and 125 metres.
- Click [HERE](#) for pictures of the course.
- Start/finish: The Dundry Inn, Dundry, BS41 8LH. Off the A38, south of Bristol.
- Food is served and can be booked on 0117 9641722, see menu at dundryinn.co.uk.



The Burrington Blaster.

7:15 pm, Thursday 7th July.



- Similar to a category BM fell race. 3km uphill at start. 254 metres total ascent. About 10k.
- Start/finish: The Burrington Inn, Burrington, BS40 7AT. Off the A368, south-west of Bristol.
- Food is served and can be booked on 01761 462227, see menu at burringtoninn.co.uk.

6. More Short Runs

Bill's run from the BattleAxes on 27th January had 17 runners whilst Tracey's shorter run had 10. It does seem that there are a significant number of TACH members who prefer to come out for a shorter off-road experience. So Cathy and Jonathan have been working on including more short runs in the Run List – see details on page Also, short runs are sometimes announced at short notice (sic) – so look out on Facebook or watch for Luke's weekly email.

And in honour of the "short runners" here is Howard:

"on Thursday, let one signal echo its clarion call over Wrington Vale and throughout the Valley of the River Chew:

All Power to the 5k Club!"

7. Congratulations to PK

PK became a dad again on 26th January! Eva Mary Kennedy was born at St Michaels at 8.32pm and weighed 8lbs on the nose. Here 's a pic – just look at those legs.....



8. Luke's Ultra Running Food

Chocolate chip and banana bread

Want to make some Ultra running energy bread for those long Winter Training runs?

The following recipe is designed for the 'cake' setting on a bread making machine, but I'm sure would work just as well in moderate oven.

Bowl 1

2 tablespoons melted butter
1 tablespoon semi-skimmed milk
1 cup (approx 3 medium) mashed banana
1 egg – beaten

Bowl 2

0.5 cup of milk chocolate chips
0.75 cup plain flour
0.75 cup oats
0.5 tsp bicarbonate soda
0.25 tsp baking powder
0.5 cup of soft brown sugar
0.25 tsp salt
0.5 tsp ground mixed spice

1. Mix together all of the ingredients for bowl 1.
2. Do the same with the ingredients for bowl 2.
3. Now combine both bowls together and mix well.
4. Pour into the bread pan and place into the machine. Lock into position.
5. Close the lid and choose cake programme. Press start.
6. Once cooked, leave the cake to cool in the pan for 10 minutes, then turn out onto a wire rack. Leave to cool.

NB. 1 cup plain flour (and other dry ingredients) = about 120g or 4 oz

9. Bridge opens a way to healthier choices

(reproduced from The Evening Post: 27th January 2011: By ian onions political editor)

BRISTOL runner and author Chris Bloor has dismissed claims that a new £1.6-million bridge planned for the M5 is a "bridge to nowhere". The *Evening Post* highlighted on Saturday that the Highways Agency is planning to replace the old Lawrence Bridge, which was used by pedestrians, cyclists and horse riders.

The cost of removing the old bridge on Christmas Day last year was £200,000 and the cost of building a new one and installing it is £1.4m Former city councillor Spud Murphy had condemned the new bridge as an "absolute waste of money". He said it should only be replaced if it could be used by vehicles and thereby provide a short cut for people in Lawrence Weston to travel to Avonmouth.

But Mr Bloor, 61, who lives in Henleaze, said it was vital that people should have easy access to the countryside in times of economic stress. Once over the motorway, the old road fizzles out into a cycle track which ends up on an industrial estate. Mr Bloor, who is also a local correspondent for the Open Spaces Society, said: "Walking, running and cycling are cheap and healthy activities, which are accessible to a huge section of the population.

"They are a vital weapon against ill health and are particularly effective against depression and other mental illnesses.

"In times of economic stress, it is particularly important that people should have access to the countryside on foot, and previous administrations have been very poor at ensuring that footpaths into the countryside from less affluent suburbs have been kept open.

"This is particularly the case around Lawrence Weston Moor."

Mr Bloor organised a 10k Multi-terrain Race which was held at the weekend in the vicinity of the gap in the M5 where the old bridge used to be before it was removed. Highways experts decided it should be taken out for safety reasons after being hit several times by high vehicles.



About 160 people took part in the race which raised more than £1,000 for the Avon Riding Centre for the Disabled which helps children and adults experience achievement through riding.

Mr Bloor said the bridge carries an international long-distance footpath and cycle path which links the M48 Severn Bridge with the West Country and the Cotswolds via Thornbury. He said the assumption that it was not too late to save the money for the new bridge was untrue because it had probably already been built. Lib Dem Councillor Simon Rayner, who represents Kingsweston ward, said:

"A number of people have approached me to ask when the bridge was going to be replaced. They use it to gain access to the countryside and to get to work in Avonmouth. A lot of people will be pleased to see it back."

The Highways Agency is planning to install the new bridge during the night of Saturday, February 5, when traffic is at a minimum and therefore avoid delays. Traffic will be diverted along the M4 and M49.

* * * * *

Hot Topic: What makes a good TACH pub?

This has been a hot topic on our Facebook group recently. On the one hand there are the up market, "foodie" pubs which some of us aren't too keen on – after all, they often don't sell pork scratchings! Then there are the "basic" pubs which serve only keg beer. Two pubs that illustrate these extremes are the Pony and Trap near Chew Magna and The Blaise Inn, near the Moorland Multi-Terrain.

These comments are typical:

Jonathan: One extreme to another! Those questioning our choice of pub last night (the Blaise Inn) might be interested to learn that The Pony and Trap near Chew Magna has now been awarded a Michelin star. When we tried to run from there last summer, we were, very politely, moved on - to make room for an upmarket wine tasting evening. My £1.20 ham & tomato roll at the Blaise Inn was very nice...

Rob: I don't think it can be called a pub. Pubs are supposed to sell beer.

Pete Brown: It sold excellent cider though (the Blaise Inn), and pork scratchings. Also a lovely aroma of marijuana being smoked by one of the inmates. What more could you ask for in a pub?

Jonathan: Cider was very nice but if they just had one decent ale I might recommend the place as characterful or interesting. but no.

Chris Bloor: Were you out that night when we couldn't run from the Pony and Trap near Chew Magna, because they were having a wine tasting, and we had to move on to the Carpenters' at Stanton Wick? I think the general opinion was that they had ideas above their station. But apparently we were wrong. It's just won a Michelin Star according to the Bristol Observer! The chef Josh Eggleton is a student of Bristol College, but he attracted attention working at the Olive Shed on Harbourside and won Gordon Ramsey Scholarship in 2003. He took over at the Pony and Trap in 2006. Perhaps we should go back and book food. They say that steak and chips is still the best-selling dish, which suggests that they have their feet on the ground.

Join the Debate!! What do you think is a good TACH pub??

Tell us all on Facebook

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GREEN MAN SPECIAL

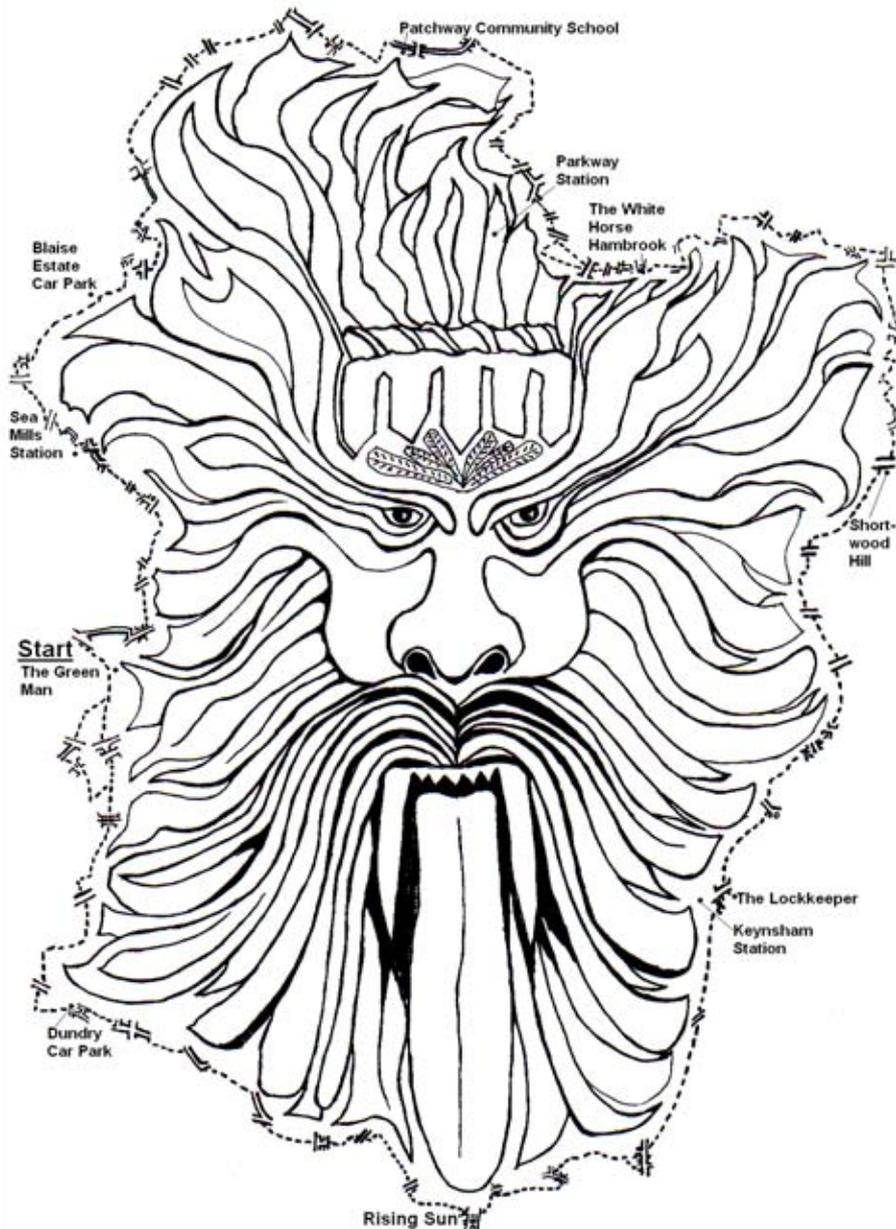
1. THE GREEN MAN CHALLENGE OR

THE LION'S ROAR

Chris Bloor

45 miles from the Green Man in Ashton Court Deer Park (from The Inner Path by Chris Bloor) Maps: OS Explorer 154, 155 and 167

On the first day, the whole Heavens will appear deep blue.



The leonine figure that has emerged from the route map of the Green Man Challenge is a symbolic representation of The Teaching of the Buddha (The Dharma), which overcomes ignorance and leads to Enlightenment. This is odd, because I was trying to produce an image of The Green Man by tracing the shield (now held in the Green Man organic pub in Alfred Place, Kingsdown) on which the names of those who accomplish of the Green Man Challenge are recorded.

This is an example of "Serendipity," which was the dominant force driving the production of "The Inner Path". "Serendipity" is the process, by which an unexpected

benefit accrues through striving for a different objective. It is called Serendipity after a folk tale¹, where such things happen, called The Three Princes of Serendip (an old name for the Theravada Buddhist kingdom of Sri Lanka).

In the first place, the figure represents the lion throne of the White Buddha, Vairochana, one of the 5 esoteric Dhyani or Meditation Buddhas, who appears on the first day in the Bardo World, according to the Tibetan Book of the Dead. He is depicted sitting in the lotus position, embraced in intercourse by his consort, who is the embodiment of space. He holds the Dharma Wheel in his hand, which represents the teaching of the Buddha. Meditating on the White Buddha transforms ignorance into All-Accommodating Wisdom. Failure to recognise the White Buddha in the Bardo World, through ignorance leads to rebirth.

In the second place, the figure stands for the Dharma itself.

A roaring lion is a suitable symbol of the Dharma, because one of the Buddha's nicknames is "The Lion of the Shakyas," and his teaching is often called The Lion's Roar. The symbol is also appropriately delineated by footpaths, because the Footprints of the Buddha (Buddhapada) were the most important symbol of Buddhism before the familiar statues of the Buddha became fashionable. Among other things, the Buddhapada symbolise the fact that the Teaching that the Buddha has left behind is more important than his person.



Some Buddhapada are manmade, carved in stone or drawn, and others are natural limestone features, similar to the giant Gorum's Footprint in the Blaise Estate in Bristol. In either case, they are usually elaborated with additional Buddhist symbols, of which the most common is the Wheel of Dharma, representing The Noble Eightfold Path, the essence of the Buddha's Teaching.

The representation of The Lion's Roar that has emerged from the map is particularly appropriate for 5 reasons;

- 1) It begins in Ashton Court Deer Park – Siddhartha Gautama began his teaching in the Deer Park in Benares after he attained enlightenment and became a Buddha.
- 2) It is 45 miles long – one mile for each of the 45 years that Siddhartha Gautama spent teaching as Buddha.
- 3) The rail network divides the route into 3 unequal parts – the Buddha's teaching is known as The Tripitaka or Three Baskets, because it too is divided into 3 unequal parts.
- 4) The route has been divided into 4 stages for a relay race that has not yet taken place – this corresponds to the 4 Noble Truths of Buddhism.
- 5) The route has been divided into 8 parts by 8 refreshment points used to offer essential nutrition for those undertaking the Green Man Challenge – the 8 sections represent the Noble 8-Fold Path of Buddhism.

Like the Green Man Challenge, the Noble 8-Fold Path is relatively simple, but demanding.

2. Injury and the Green Woman's Challenge

Cathy Fagg

I thought Sam Murphy was a bit melodramatic in January's Runners' World, when she said that injured runners went through something like the grieving process. But then I sprained my knee and I can tell you, she didn't say the half of it.

The first stage was denial. I was in denial for a good few weeks before it happened. I kidded myself that the niggle in my left knee was nothing that a bit of rest wouldn't sort out – as I dashed from running to catch a train to visit family, rushed to get into work on time, and belted round the Christmas shops.

When the injury did happen, 24 miles into a long training run on the Green Man route, I ran twice more. But they were short runs and didn't really count, until my knee finally called it a day as I walked downstairs.



The Green Woman

Then came anger. How many times does a husband get his head bitten off before he starts carrying it under his arm? I learnt patience. I was patient for ooh, whole seconds, before exploding with frustration at the unfairness of it all.

You see, in the second half of my life, running isn't just running, it's my rage against the dying of the light. When I run out on a Thursday night, I do not go gentle into that good night. No, I run wild like a child, away from all that 'good girl, take no risks, stay safe indoors watching second-rate TV' kind of sensibility. So injury is the first faint tolling of the bell. It's proof that I am mortal, that life has its limits, that no matter how long and strong I run, death is the final word.

Eventually I got over myself and went to see the physio. This marked the start of the bargaining phase. If I'm good, do the exercises, cycle to work, maybe I'll get to do the Grizzly. Or maybe I'll go out with TACH on Thursday night. This week? Next week? The week after?

But my body heals at its own pace no matter how fast my mind runs away with itself. I offered up my places in Slaughterford and the Grizzly. I stopped setting possible dates for the Green Man Challenge. So maybe this is acceptance. My knee is definitely healing, even though it still feels as though it is made of wood and chewing gum. I know it will get better because my other knee feels fine. It had the same injury, from the same cause, two years ago when I was training for Berlin.

The cause is a weak glute, letting my knee roll in, in that girly way. The Green Man Challenge is long enough at 45 miles, and hard enough with 940 metres of ascent, to search out any weakness in my form. And in running, function follows form. I need to strengthen my core muscles including my glutes, before I try again. And I'm taking a short course in the Alexander Technique to check out the way I move. The wild child needs a wise woman with her to complete the Green Man Challenge.

3. Jonathan's Green Man Challenge

Why?

When I texted my friend that I wouldn't be coming climbing because I was planning to run 45 miles at the weekend, his response was "WHY?" I sent him a link to Chris's Green Man Challenge web page but had to admit that although it would explain "what" I was doing, nothing could really explain "why". Partly, it was the challenge of doing something more extreme than I'd ever done before. Partly it was curiosity about how it would feel. Partly a competitive instinct: if 26+ other people have already done this, then I had to prove that I could, but none of these reasons could really account for why I felt the need to do it. All I can say is that once the notion took hold, it all started to feel like a completely natural and necessary extension of all the fun and enjoyment I've had on TACH training runs. Once I had recce'd a few of the stages, learning the whole route became an enjoyable and satisfying project in itself.

To help myself get to sleep during the week leading up to my attempt, I would go to bed each night and try to mentally follow the route in its entirety. This is quite a hard thing to do without letting your mind wander off somewhere else. Invariably, I would be asleep before getting around more than one "leg". In fact, several days after the "real" me completed it the sleepy me was still lost in the fields out there somewhere on the northern stages. Doing this made me realise just how long 45 miles is and ensured that on the big day I would 'respect the distance'. It was also a reminder how varied and rich in detail the terrain is and how alive with human, plant and animal

interest. Every section had memories of things that I saw or people that I spoke to and now that I've done it all in one go, it seems that there is simply too much of it to describe here.



Starting in the cold & dark

On the big day everything started well as I left the Dovecote with an entourage of supporting runners and most unexpectedly, two mountain bikers! Annoyingly, I'd forgotten that I would be starting in darkness and had forgotten my torch but luckily there were enough runners to light the way and John lent me his through the darkest wooded early sections. By the time we got to Dundry, it was getting light and I could

appreciate what is probably the most scenic part of the route from East Dundry to Keynsham. The fact that the first third is nearly all off road meant that I could wear my lightest, most slipper-like fell-running shoes as far as Keynsham. Conditions were perfect. Two nights of sub zero temperatures had given the ground a nice firm crust but it was soft enough underneath, that the ruts, tussocks and hoof holes were not ankle breakers.

By Pensford, all the early support runners except Rob Hicks had dropped away and from there on I tried to keep up a brisk but unchallenging pace. It was difficult for me run



With Rob at Pensford

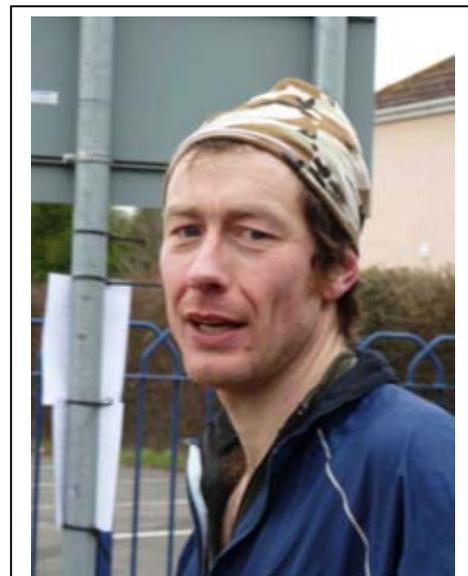


Approaching Shortwood

as slowly as I should have so I just tried to keep within a no stress, no effort comfort zone and hoped that that would be slow enough. By the time we reached Keynsham I was starting to feel the miles building up in my legs while being conscious that I'd only run a third of the total and that there was a lot of challenging terrain and hills to come. By the time we got to the top of Shortwood Hill I felt that I was now fully immersed in a "Challenge" and that from here on, there would be no easy miles. Mark joined us here and much as I'd enjoyed Rob's company, a new face and new topics of conversation made me feel that I'd entered another phase of the run. As my two black clad pacers flanked me, Mark joked that if they had been wearing sunglasses they would have looked like my bodyguards.

I've always found Kendleshire golf course to be one of the least enjoyable sections. It may be the sight of people engaged in such a slow paced sport or my resentment of the fact that the golf course has diverted the footpath around its perimeter. By contrast I found the next section very enjoyable, following the river Frome to Hambrook – I was close to home and my regular training grounds and it was a sign that I'd "broken the back of it". The sight of my sister Ruth waiting at the gate near the White Horse with my niece and nephew cheering was a very welcome site. It was here that Rob dropped out and Ian and Alex joined me, further emphasizing the feeling that I was now entering yet another important stage.

I made conscious effort to appreciate the last of the green fields before hitting the built up section from Bradley Stoke to Patchway. It was during this stage that running first began to feel like hard work. The garmin seemed to take forever to change from mile 29 to mile 30. I don't know why these landmark distances are so import but I was becoming impatient to reach that all import two-thirds marker. I mentally 'dug in' and focussed on keeping a light and relaxed running action and eventually I was relieved to find that I approaching the next planned food-stop at Patchway School. Mark ran ahead to get my flask out of Cathy's car and when I arrived to take it, I had my first sit down of the day. At thirty something miles though, I found that my cocoa & molasses concoction was no longer hitting the spot. Thankfully Cathy had some strong coffee, which was a more invigorating tonic.



Knackered at Patchway

Leaving Patchway felt good, knowing that it wasn't far to the green fields on the other side of the M5. The churchyard at Easter Compton is one of the highlights of the later stages for me. By the time we were up on Spaniorum Hill I felt that I was hitting a golden patch that lasted until Blaise. Meeting Antony on this section was a great boost – because it wasn't at one of the planned rest stops, it felt like an unexpected bonus to see a friendly face appear as I ran down the hill towards Henbury. At Blaise, I was



Ah, espresso!!

pleased to see that Chris had donned his running gear to join me for the last leg. After an eagerly anticipated double espresso, I was off again. Another unexpected friendly face appeared in the shape of Wilf. The running support group was now bigger than its original size but with myself as the only constant – like one of those old bands in which all the members bar one have changed but which keep the same name. Once we had made the climb up to Kings Weston Hill I was feeling pretty exhausted again but running along the ridge in a pack made it more than tolerable – enjoyable even. Then the combination off caffeine kicking in and a long down-hill section to Sea Mills made for one of the most enjoyable stretches of the day.

After grinding out the long climb up to the Downs and the Clifton Observatory, I just had that final “sting in

the tail” climb up North Road then after a quick photo call at the Green Man, I was able to almost sprint the descent to the Dovecote, spurred on by the news that my family were waiting. Seeing Helen, Sadie and Manon, standing by the pub with a “Well done Daddy! We love you!” banner was one of the most welcome sights of my life. The first pint of Butcombe Ale was one of the most welcome tastes! I was pleased to learn that I had done the whole thing in a time that, so far, only elite class ultra mountain runners from Team Vasque have bettered.



“Well done, my son!” said the Green Man

How did it actually feel in the legs?

I can still remember the horrible, painful desperate feeling I had as I neared the end of my first ever half marathon, and years later, in the final stages of the London Marathon – a feeling that you just want it too end, but in some strange way it’s necessary to just keep going because if you stop anywhere other than the finish line, you’ll only have to scrape



The ecstasy of seeing his family at the finish

yourself up and get going again. I also remember when I first started exploring the countryside to the East of Bristol. I would sometimes get carried away and run too far or get lost and find myself miles from home, legs hurting like hell, out of fuel, out of energy, out of my comfort zone and out of my depth. I didn't experience anything like that during my Green Man Challenge and it now seems strange that I ever felt so done-in by what turned out to be mere 10mile runs, or the 13 or 26mile races! I hope this observation will convince anyone who thinks that they couldn't possibly do the Green Man Challenge, that actually, you can! Just build up to it gradually. What you find hard today will one day seem easy.

I don't think it's advisable to train for your first 45 mile run in the same way you would for a marathon – building up in structured, weekly increments to something near the full distance. By the time you get close to a 45mile run, you'll need a month or more to recover properly. My only training plan for completing the Green Man Challenge was to get fit enough by doing a lot of long fell races and hilly training runs over the course of a year. I did one 31mile run a whole month before doing the full route. It helps if you train enthusiastically for those shorter events and keep an open mind about when and if you are going to do the full route. Once you commit yourself to doing it, you'll be amazed, as I was, by the encouragement, help and advice that you'll get from TACH members, Woodwoses, Woodwights and any other runners you know. Thank you to all those who came out to run, to see me off, to see me in or just to say hello – especially Cathy and Andy my mobile support crew.

Woodwose XXVIII

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Race Reports

1. Katie Rose's First Half Marathon!

Claire Scaife

On 7 November, TACH's youngest potential recruit has successfully completed her first half marathon!



Katie Rose Scaife completed the Stevenage half marathon (more scenic than it sounds, and mainly on cycle tracks / through a park) in a time of 1hr 53 mins, with a little help from her Dad. She came first in the buggy category, although was disappointed to learn that she didn't win a trophy for that.

Katie Rose generally enjoyed the race, sleeping most of the way, although they did need to stop once for a bottle – for Katie that is, not for Dad. When she wasn't asleep she was able to look around at lots of people and even heard

some of them shouting "Go on, Katie Rose", "Well done, Katie Rose" etc, which was very encouraging – they must have read the signs on the buggy.

The race finished round the local athletics track, so Katie is already getting excited about London 2012.

Lots of people cheered her across the finish line, and the best bit was that she beat Dad – just!



2. BRENT KNOLL RACE (28TH Nov, 2010)

HOWARD DAVIES

The midnight hour was upon us and, without ceremony, we were ushered from the warm interior of the Blue Flame into the frost chilled air of Nailsea Moor. Before I could unlock my bicycle a pale hand reached towards me from the gloom. The dim starlight and the befuddlement caused by several pints of 'Ginger Tossler' prevented me from identifying the body beyond the wrist. "Put your hand on top of mine," said a familiar voice, "and promise to do the Brent Knoll Run." Sure, we'd all had a few pints and this gesture was as a continuation of the merriment we'd shared in the bar; so as if raising a jovial toast to an impossible, though admirable, ideal I placed my hand, and within seconds more hands pressed down on my own. I then looked up, through a chaotic latticework of bare branches I caught sight of the moon, shining steadfastly through the darkening mist. That moon, I said to myself, at this moment also shines on Brent Knoll.

I was now committed. The good thing about doing a race is that it adds interest and focus to training. Of course, if you do enough running you get a super-slim physique, throw in a few yoga and body-weight sessions and you'll look like a sex-god/dess and have the capability to match. The possession of such qualities is certainly a more-

than-satisfactory reward but can lead to consequences which, eventually, become over-exhausting. So, as a diversion from temptation, I have found race participation useful as a way gauging athletic progress. My ambition is to finish in the top 25% of my age category. That's going to take some doing but as long as I'm moving in the right direction, I'm happy.

A further bonus is provided when a race has a personal significance and, the Brent Knoll Race, ticks that box. I think of the Knoll as a southern out-post of the Mendips, where I have done so much cycling, pub visiting, camping and, in the days when Mendip really was Mendip, clubbing.

If the Mendips are approached from the south west, the Knoll stands as a warning of the great plateau ahead, that separates the Somerset Levels from the piecemeal and broken country that lies to the north, and when heading south west, with the main body of the Mendips now over your shoulder, the Knoll is like a full-stop, a reminder, letting you know your passage over one of England's most mysterious uplands is now ended. And, from the sea, while amid the turbulent desolation of the upper reaches of the Bristol Channel, I have often taken navigational bearings from the Knoll, happy to know that when the Knoll is visible, the home port is near. The Knoll, also, is home to details which informed an interest in vernacular culture, an interest that much later would take a professional turn: many years ago I visited Brent Knoll church to take a look at the carvings, where, on bench ends and roof bosses, the Green Man finds frequent form.

All these factors combine and contribute to my anticipation and enjoyment of the race.

On the day of the Race the ground was frozen hard. The tracks leading towards the 450ft high Knoll were deeply rutted by tractor tyres and these ruts were frozen. It was a punishingly knobbly surface for running, there was no give at all. The climb up the Knoll began suddenly and



There's the Knoll – but where's Howard??

very steeply, within a few steps there was no option other than to walk. The ground then levelled off and looking ahead the Knoll seemed to be as high as ever. I quickly arrived at a second climb and as it steepened was gob-smacked to see a runner ahead of me wearing casual trousers and a woollen jersey, he was at least ten years my senior. This runner looked as if he'd just got up from his favourite armchair. I eased past him, relieved that, no matter what my eventual time or placement, I could at least overtake someone who appeared to have such a casual, though amusingly admirable, attitude. I checked his footwear, half-expecting him to be wearing slippers,

but was disappointed. Soon I was walking again, and soon after reached the summit. The descent was now the next challenge, as steep as the ascent and though the long grass of the slopes protected the soil from frost the grass itself was frozen and very slippery. At a speed it would have been suicidal to exceed, I began my descent. Within seconds a gathering kerfuffle approached from behind and before I knew it, the Armchair Runner, in a ramshackle charge, shot past me. I was struck by astonishment, admiration and disappointment in equal measure but, no matter what, wasn't going to increase my speed on the steep slope. The ground levelled and I began to close the distance between myself and Armchair. I stayed close behind him for a while and then, feeling that I could get past and sustain my lead I made a break for it and overtook him. Another steep descent soon followed. I expected him to pass again and though I wanted to see how far behind he was I didn't look, if he had been pushing hard I feared that I would find it too dispiriting. I pressed on, in amiable competition, but not wanting to know too much about how close the competition was.

Then back onto the frozen rutted tracks and after a while the roof of the Sports Centre/Race H.Q. came into view. Not too far to go. I braced myself, glanced over my shoulder. Delight! No sight of the Armchair Runner! I crossed the finishing line in good form and with a smile.

All five Blue Flame affirmers kept their promise, the fastest finishing seventh at 41mins 27secs and the slowest at 1hr 14mins. I finished 81st at 1hr 1min, still firmly in the slowest 25% of my age category but happy knowing that I'd done my best.

At 5.5 miles the race is short and sharp and the Knoll is a significant challenge. Organisation was excellent and changing facilities and snacks were available at the Sports Club which doubled as Race H.Q. It's definitely one for the 2011 race diary!

3. **Kymin up and Tumbling down!** **(8 and 16 January 2011)**

Ian Ruck



A delighted Ian finishes the Kymin – in a TACH vest!

Having previously 'enjoyed' the unrelated summer race up and down the Kymin hill; which proudly overlooks the ancient market town of Monmouth, see kymindash.co.uk I've had my eye on a crack at the winter edition for some time now.

Although covering only 4 miles; an arduous ascent, descent and then immediate re-ascent means you still have to climb over 1150 feet and qualifies the race as a Category AS 'short but sharp' fell in the South Wales Winter championship.

So on a bright post Christmas afternoon I took my place with the 72 other starters, most of whom were sporting fell club vests (hmmm...) and with a cursory "on your marks" we were off!

Apart from a very short road section the course is almost entirely on woodland trails, with a bit of 'fire

road' during the final decent. The first mile is one long continuous climb to just below the summit Observatory Tower, before you plunge down again to virtually the bottom of the hill. The second climb is longer and more gradual and eventually sweeps up and around the Tower, offering the chance to steal a glance at the Sugar Loaf and Beacons beyond, before a grin inducing final charge back down to the finish.

With your three pounds on the day (only) entry fee including a free sausage bap in the pub afterwards, truly what's not to like! See this year's results and read a little more at www.wfra.me.uk or catch up with Howard if you'd like another TACHers opinion.

The following Sunday, I drove down to the almost chocolate box village of Milton Lilbourne near Marlborough for this year's **Rough 'n Tumble 10** miler.

Flicking through previous results I see PK, Jonathan, John McD, Rob, Patrick and Chris S have all tried their *hands* (one climb requires three points of contact!) at this trial come hill race.

Heading out from the village the course begins with a long but runnable climb up onto Milton Hill, before you hit a series of lanes, boggy tracks and open fields as you work your way towards the aforementioned 'big one'.

Rapidly losing height down a rutted, chalky track (where I took the opportunity to execute a clever combined overtake *and* tumble manoeuvre), you initially exit the Bowl via a steep but mercifully short climb and then you're faced with it ... the Giant's Grave a 300 metre stomp straight back up the escarpment. Stealing yourself, a short run across the top brings another, final sharp decent.

In comparison with the preceding natural obstacles the final 3 miles are a fairly straight forward, all be it muddy, run in.



And so with the Tumble's challenge conquered it's time to enjoy the event's 'unique selling point' a village hall virtually packed with home made cakes!

Last year's race was snowed off and a year's break only reminded me how much I enjoy this immaculately organised event, check out grassrootsevents.co.uk for full details and perhaps consider a trip down Pewsey way early next year?



http://www.chippenhamharriers.co.uk/organised_races/slaughterford/

In many ways running is a completely individual sport. We each have a different physiology, different motivations and different goals. What does this mean for racing? Well, just because you've come first doesn't necessarily mean you're a winner and, conversely, you can have a fantastic win coming in at 294th.

I've been running for about 10 years, mostly on road until I discovered TACH last April. Recovering from a chronic lower back injury, I found my own way around 10ks and half marathons and, over time, found myself getting stronger and fitter. By 2010 I felt I'd reached a bit of a plateau, my back was pretty much 100% strong again but my running form which had protected it in the early years meant I suffered from tight muscles when I pushed things too hard. Having fallen in love with cross-country running I was ready to make some changes so I could take on new and longer challenges.

My first stop was John, the physio at Moti in Bristol. A running expert, he helped me to understand what my body currently did when it was running (with the help of the Moti treadmill and video) and gave me some great exercises and visualisations to move me towards a more efficient form. This was a fantastic starting point but I felt I needed something more to help me think in the right way. Caroline and the Alexander Technique workshop was exactly what I needed. Again, a bit of videoing was invaluable to understand what was going on when I ran. This external advice and guidance, coupled with some great sports massage, helped me to understand and feel how I was tightening my back up when I ran, rather than having a looser connection between hips and ribs – my running needed to be more salsa and less tango (thanks for the tip Andy!).

So, back to the Slaughterford 9. After a really tough 10k the week before at the Moorland Multi, I knew I had to start out easy and keep my body relaxed. Focus on using my elbows to power me up the hills rather than my back and, most importantly, enjoy the views and the mud! My goal for the race was to remain mindful and focus on form.

It was a gorgeous sunny morning and, despite the early start, I was feeling reasonably perky when Chris and Tilly picked me up for the journey to the start near Corsham. It was perfect running conditions, sunny and cool, with fabulous views across the countryside and the promise of tea and cake at the finish. The organisers, Chippenham Harriers, provide a great mile-by-mile synopsis (with photos) of the route on their website so I had a bit of an idea what to expect. As intended, I started gently, and found everyone else streaming past me – no worries, I was feeling good. The race began on a sealed road and I soon began overtaking the roadrunners in their shiny white shoes when it turned into a rough track.

The Mile 3 'mile of mud' wasn't as bad as I expected, but then I did do the 'mincing along the edge hanging on to trees' technique interspersed with the odd splash through the mud to get round the shiny whites. The first 4 miles of the race are generally downhill but after a pleasant jog alongside the brook and over a bridge it was time for the first uphill. Fortunately, being further back in the pack meant there was an opportunity for a breather before tackling the change of angle as a very orderly queue was formed for the stile.

Again, being a TACH runner served me well and I shimmied past several panting road runners on the uphill sections. When times got tough I simply remembered all the uphills I'd tackled and survived – in the dark – with TACH and realised that actually, this wasn't too bad. Looking at the course description on the website I must admit that there's lots of it I don't really remember – but there are a selection of vivid moments: contouring along a hill with wonderful view across the valley, birds singing and distant sheep; running through a farm with a fantastic cheering crowd handing out half-time oranges; piling down the hill into a clay-filled trough of a path down to a cold stream up to my knees (really refreshing, though I had to barge past the walkers as I didn't want to hang around in it too long); then embarking on the final steep (the sting in the tail) 1-in-4 climb.

In many ways running is a completely individual sport. I ran the race my way (as Frank would have said had he'd been there) and finished feeling great. Despite the queuing at stiles and walking up the steeper hills I achieved a time of 1:33:50 and my back was relaxed and nothing was hurting. Awesome! OK, so 293 people got to the finish line before me but, against my personal goals, I was a winner. But running is also a shared experience and, when you belong to a club like TACH, a real team event. Climbing up the last hill I was spurred on by the sight of Tilly ahead of me, yay! another TACH runner – we exchanged oxygen-deprived words of encouragement before continuing on our own paths (with Tilly steaming past me on the final road section to finish in a great time of 1:33:38); and turning the corner towards the finish line, there was Chris (who had finished in 1:17:06) cheering us on.

A great race, very well organised and marshalled, highly recommended!
Congratulations to our two other TACH runners: Graham Harding who finished 7th overall in a time of 00:58:40 and Patrick Winstone who came in with Chris in 1:17:07.

* * * * *

Results for TACH Members

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

Sodbury Slog 9 miles 14/11/2010 - 1028 finishers		
Emma Oughton	1hr 17:02	180
Patrick Winstone	1hr 17:03	181
Chrissie Kelly	1hr 34:56	473
Deborah Evans	1hr 55:05	767

Riverbank Rollick 9 miles 16/01/2011 - 248 finishers		
Rob Hicks	1hr 00:43	5
Jonathan Gledson	1hr 05:17	19
Mark Vogan	1hr 14:49	69
Patrick Winstone	1hr 17:48	95

Brent Knoll 5.5 miles (TC) 28/11/2010 - 108 finishers		
Ian Ruck	47:02	36
Tim Davies	55:33	65
Mark Griffiths	1hr 00:28	78
Howard Davies	1hr 01:56	81
Deborah Evans	1hr 06:35	86
Joy Fursman	1hr 09:40	92

Rough 'n Tumble 10 miles 16/01/2011 - 493 finishers		
Ian Ruck	1hr 22:55	50

Full Monty Cute 10 miles (TC) 05/12/2010 - 230 finishers		
Andy Fagg	1hr 51:17	141
Tilly Shaw	2hrs 03:11	185

Moorland Multi-terrain 10k (TC) 23/01/2011 - 160 finishers		
Rob Hicks	39:24	2
Graham Harding	41:36	4
Alex Foster	46:30	19
Mark Vogan	47:37	24
John McDonough	48:49	29
Paul Clark	49:14	36
Emma Oughton	50:10	39
Bill Charnock	56:38	80
Patrick Winstone	56:43	83
Sam Edwards	58:04	91
Helen King	58:05	92
Mark Griffiths	59:40	102
Howard Davies	1hr 00:04	106
Joy Fursman	1hr 03:23	125

Christmas Cracker 10K 05/12/2010 - 1507 finishers		
Emma Oughton	48:59	389
Patrick Winstone	50:04	438
Sue Low	54:33	590
Mark Griffiths	54:38	594
Jane Cann	56:07	715

Clevedon Boxing Day 4 miles 26/12/2010 - 648 finishers		
Patrick Winstone	30:07	321
Howard Davies	31:15	362

Whinberry Naze Dash 5.8km 26/12/2010 - 132 finishers		
Pete Brown (1 st MV60)	35:10	44

Slaughterford 9 (TC) 30/01/2011 - 358 finishers		
Graham Harding	58:40	7
Chris Smart	1hr 17:06	142
Patrick Winstone	1hr 17:07	144
Tilly Shaw	1hr 33:38	287
Helen King	1hr 33:50	293

Brown Willy Run 7 miles 01/01/2011 - unknown finishers		
Rob Hicks	Unknown	3

Hangover 10K 01/01/2011 - 170 finishers		
Patrick Winstone	51:52	117
Howard Davies	54:05	136
Joy Fursman	56:27	149

Championship Update

By Chris Smart

Club Captain

As announced at the Twelfth Night Dinner, 56 people scored points in the 2010 TACH Championship. Andy Fagg claimed the Championship Trophy with 345 points, just five points ahead of Cathy Fagg in second place, with Rob Hicks and Jonathan Gledson tying for third place. The Championship Draw, where all those who had scored points were given one entry for every ten points scored, was won by Libby Bloor.

This year's Championship will continue the successful formula of the past two years, where members can enter their points on the sheet in then pub on Thursday evenings (though I will add points for those who don't make it to the pub when I know about them). I will nominate two Championship Races per month (check Race Diary tab on the website for details), usually of different distances to cater for as many tastes as possible.

This year points can be scored using the following criteria:

Thursday

- Attend training run 3 *and*
- Wear TACH vest and / or TACH t-shirt 2 *and*
- Lead training run 3
- or**
- Attend Handicap Race or Treasure Hunt 8 *and*
- Wear TACH vest and / or TACH t-shirt 2 *and*
- Win Handicap Race or Treasure Hunt 3 *and*
- Runner-up in Handicap Race or T Hunt 2 *and*
- Organise Handicap Race or T Hunt 5

Racing

- Race 3 *and*
- Wear TACH vest 2
- or**
- Race in Club Championship Race 5 *and*
- Wear TACH vest 5

Extras

- Complete an Ultra race or challenge
(inc off-road marathon) 10
- Help with TACH Race 10

This year's Championship already looks on target to break 2010's record level of participation, given the number of members who have run on Thursdays and raced during January. The next RRN will have an update on how the scoring is going.

* * * * *

Comments on Training Runs

Victoria, The River Run

11/11/10

A good autumn favourite – very wet, wild & windy

Cathy

So Chris said: "lets run...along the shores of the great grey greasy Limpopo river...and it was just so. Wonderful training run,good mix of terrain & need for stability throi=ught the slippery bits

Tilly

Blue Flame, Nailsea

18/11/10

As I turned into off the A370 John Denver and "Country Roads" came on the radio. The smile on my facce widened as the words "take me to the place where I belong" rang out and the Blue Flame came into view, what a great pub and sorely missed while living up north. Run was good too – Cathy obviously likes it sloppy

Gypsy

Excellent cake. Excellent rendition. All preceded by an excellent run. The Faggs have excelled

Chris S

A bit muddy to be honest. Also my feet got wet....otherwise good...esp. raucous singing – this should feature on more TACH runs

Tilly

Swan, Swineford

25/11/10

There was an old fellow called Bloor....Who for once on a run wasn't sure....But we are the TACH.....and we always get back...Down to the pub for a thaw

Cathy

There was a gentleman Chris...who didn't get his directional wish....Despite all the stops....We soon reached the top....And with a lovely downhill to the finish (sic)

Luke

Quote of the evening: Coming off Lansdown "Go Cathy Go! Yee hah!!"

1. It wasn't Cathy 2. It wasn;t even a female

Do they make special glasses for turtles?

??

Star, Tickenham (21 runners)

2/12/10

Short run lead by Chris Smart – who took good care of Libby & Sara – we finished the Black Horse race & then started it – lots of ice & frozen ground which lead to a fall for Sara

Libby

Cold snowy night. Long run up the Roman road warmed us up. Lots of woodland trails a good idea in view of the weather

??

Miners Arms, Stapleton

9/12/10

A huge turnout of 21 runners for a fresh spin on a TACH classic. Great conditions

John McD

Well done Andy Rogers on his first run as leader. A good job of keeping the group together given the huge turnout. Nice to run on frozen ground but I'm looking forward to some good mud....

Chris Smart

Lock & Weir, Hanham

16/12/10

Great run PK – was expecting a simple Riverbank run but got much more - Cheers

Jonathan

Debate of the evening – is legalisation of TACH's running high included in Bob Ainsworth's proposals?

Chris S

Hare on the Hill (the Handicapped Handicap)

23/12/10

Nice Civil War run led by Travelog – it dawned on me that I'd like a sat nav with Chris's voice on it – would make driving feel like a TACH run

Gypsy

Ice ice Baby. Good balance between exercise and drinking time. Merry Xmas one & all

David

Nova Scotia (21 runners)

30/12/10

Well done Andy for leading such a good "short route" and encouraging us all

Sue

Need to find a slower running club!

Pete de B

Do we need an elite group?? What is this – Westbury Harriers?

Jonathan

White Hart, Littleton on Severn (20 runners)

13/1/11

And the rain rain rain came down down down; and the mud mud mud came up up up!

Sam

Running round a few fields ankle deep in mud & water then a stretch of mud that was also ankle deep in water. I wonder what the long run was like?

Chris B

Well done Sara for volunteering to lead in the dark – wouldn't have ventured out otherwise!

Libby

The runmeisters want opinion? Right! That was THE BEST run for ages. The going was heavy (as the pundits say) but everyone doubled back at each stile so I really felt part of the pack despite being the token female. Hard work but great. And the mass bathing in the car park puddle at the end was a wonderful sight (though I'm sure the locals are used to it...) Thanks Mark!

Tilly

Moorland Multi-Terrain (22 runners)

20/1/11

What a smelly muddy ditch I fell in!

Andy F

Last week my laces came undone twice prompting a discussion on knots. This week my laces froze solid – I couldn't undo them until they went under the Pub hand drier. Any known cures?

Tilly

BattleAxes, Wraxall (27 runners)

27/1/11

Brilliant run – great tracks through the woods

Laura

Came out on the short run lead by Tracey. Lovely route and what a huge group (10 of us) – (17 in the other group). Not really fit enough but glad I had a go. Thanks to Ruth "sheepdogging" I didn't end up lost on the woods! Looks like we could do with 2 groups every week.

Libby

The Plough, Wrington (23 runners)

3/2//11

Short run lead by Jonathan (easing his Green Man legs back into shape) – good to see Claire after a long absence – thanks to Luke who did lots of sheepdogging

Libby

Had my mind fix for the week. Thanks

Laura

Couple of wrong turns in the fields at the start but aftr that went according to plan

Chris S

A good mix of trails & woods – need a decent torch!! See what 2011 brings.....**PK**

TACH Training runs March – May 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
3/3/11	The Barley Mow, The Dings	1	ST599730	Chris Bloor	Get ready for Lent with the Hell run
10/3/11	The George, Abbot's Leigh S	3	ST543737	Luke SR Andy F	Good beers, fab food and the mud's good too!
17/3/11	The Victoria, Westbury-on-Trym	3	ST574774	Ian SR Antony	The Twilight Blazer
24/3/11	The White Hart, Weston-in-Gordano	8	ST446743	Chris Smart	A fresh approach to the Gordano Round
31/3/11	Planet Pizza, Gloucester Road	3		Sam SR Libby & Chris	Pizzas after Purdown
7/4/11	The Crown at Regil	6	ST540637	Rob	Popular local in the Chew Valley
14/4/11	The Old Barn, Wraxall	6	ST484715	Bill SR Chris S	An excellent real ale pub with a footpath right by
21/4/11	The Ring O'Bells, Compton Martin	10	ST541572	PK	A beautiful run
28/4/11	The Priory, Portbury	5	ST498753	Ruth SR Libby	The Bluebell Run
5/5/11	The Wrington Woodland				TACH Race. Marshals please
12/5/11	The Nova Scotia, Hotwells	1	ST571722	John McD	Leigh Woods in the light
19/5/11	The Black Horse, Clapton-in-Gordano	7	ST473739		The Black Horse Dash
26/5/11	TBC			Mark Vogan SR tbc	A magical mystery run

* = miles from Bristol centre