

ROUGH RUNNING NEWS



T . A . C . H .

(TOWN AND COUNTRY HARRIERS)

www.tach.org.uk

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VOLUME 7 – Number 6

Spring 2010

Editorial

Welcome to the first edition of Rough Running News in 2010. Hopefully, what you are about to read will inspire you to join lots of training runs and enter loads of races.

The Moorland Multi-Terrain race was a great success for TACH. We have a report from Chris Bloor (aka The Gaveller), in which he thanks all those who helped. What is omitted from that report is any mention of the huge amount of work undertaken by The Gaveller himself, to ensure the smooth running of the race. The Club owes him a massive debt of gratitude for his efforts.

Many thanks to all this month's contributors, especially new member and first-time contributor Tilly with her entertaining account of this year's Tough Ten. You don't need to wait to be asked to provide a race report or an article to amuse or inform your fellow members – I'm quite happy for my mailbox to be inundated with unsolicited contributions for RRN. (Email address chris@chrissmart.orangehome.co.uk).

I have mentioned before that editions have been somewhat lacking in photos. This edition is the most devoid of pictures of any that I have edited. Please send any photos of TACH activities that you take to the above email address.

Membership

(by Libby)

We'd like to say a big welcome to the following new (newish!) members and wish them happy TACHing.

Peter Burton, Terry Chappel, Claire Chipperfield, Chris Cook, Tracey Cook, Sam Edwards, Anna Ellams, Andy Fagg, George Gillham, Laura Heape, Helen Mitchell, Tilly Shaw, Andrew Strachan, Luke Taylor and John Terry.

Many apologies if I've missed anyone out!

Twelfth Night Dinner

(by Antony – Chairman Extraordinaire)

Here are the submitted answers to the Chairman's Quiz at the annual TACH Dinner on 9th January. I hope that all of you who attended had a good time.

Question 1: **What was your favourite race in 2009?**

- Hanham Horror wins with 3 votes;
- Four ultras were mentioned: The Oner (78miles of Dorset's Jurassic Coast); Sustina 50k; Original Mountain Marathon; Highlander Mountain Marathon;
- Other races with a look in were: The Cotswold Way Relay; Black Horse (Clapton in Gordano); Fan y Big Horseshoe; Merthyr Mawr; Man v Horse; Warminster Plain Crazy; Rough 'n' Tumble; Burrington Blaster; spectating at the Charmouth to Golden Cap.

Question 2: **What was your least favourite race in 2009?**

- One vote each for the Hanham Horror; Tintern Trot; Cotswold Way Relay; Hangover 10k; Brent Knoll; Burnham 5k; Bath Half Marathon;
- Sustina 50k was nominated by same person who put it as their favourite race;
- "I have given up races I don't like"; "The ones I have to organise"; Charmouth "because I ran badly".

Questions 3: **What was your favourite TACH training run in the last year?**

- Joint winners were the runs from Dundry on Guy Fawkes night and from the Old Spot at Dursley;
- Long Ashton – votes were cast for the runs from the Bird in Hand, Miners Rest and Angel (the last of these being the Saturday daylight run on the morning of the dinner);
- 3 peaks of Somerset (a weekend, long run), Black Horse (Clapton in Gordano), Compton Dando, Bag O' Nails; Crown at Regil; Swan at Swineford; Victoria; Cross House (Doynton);
- "Whatever the latest run was" and "in the snow".

Question 4: **What new races do you want to do in 2010?**

- Moorland Multi-Terrain – clear winner with 6 votes;
- 2 votes for the Grizzly; 3 votes for events in the Brecon Beacons:
 - the Black Mountain Fell Race; Fan y Big Horseshoe; "anything in Black Mountains";
- One vote each for the Bog Triathlon and Man v Horse in Llanwrtyd Wells;
- London to Brighton (!), Slaughterford 9, Terminator, "something in the Mendips";
- The person who voted the Warminster Plain Crazy as their favourite race in 2009 also put it as the new race they wanted to do in 2010.

Question 5: **What is your best cold weather running tip?**

- Joint most popular answers with three votes apiece were:
 - Gloves (one vote specified breathable ones) and Buff neck warmers;
- Chocolate, "food", lots of tea, North Face hedgehog (is that something to eat or to wear?);
- Neoprene socks for your feet; Ultra GTXs (not sure what these are); A personal St Bernard;
- General advice: don't dress up too warm; if you get cold run faster; stay indoors; it's never as cold as you think; do it in daylight on a cold sunny day with great views (do what?); put a sock down your shorts or put your hands down your shorts but don't put your hands down your shorts with young girls nearby.

Question 6: Favourite race distance?

- Most popular race distance is half marathon with 4 votes;
- Next most popular is 10k with 3 votes;
- Joint third were 10, 15 and 20 miles with two votes apiece;
- 1 vote each for “about 8 miles” and “6 to 9 miles”
- 1 vote for 45 miles, 1 for “the longer the better”;
- 1 vote for 100 metres and 1 for “shortest” (thanks PK).

Question 7: Worst TACH training run?

- Most popular reply was leaving this blank or say something like “none, they’re all great”;
- 1 vote each for Crosshands, Inn on the Green, George & Dragon, Compton Martin;
- Cathy’s worst run was when she hurt her foot on Purdown;
- A couple of people hated the runs where they’ve organised it and no one has turned up;
- Jason disliked “all the ones I’ve missed”;
- “the one with even more nettles than usual”.

Question 8: Favourite pre-race food?

- Porridge wins this by a mile with 7 votes;
- 3 votes for pasta;
- Flapjack gets 2 votes (one specifies “with Red Bull” but doesn’t say whether this is to drink with it or part of the flapjack recipe);
- Single votes for a “nice curry”, dhal and rice, a cup of coffee, toast, muesli, Essential Foods Supreme something or other (I couldn’t read this).
- 1 vote for sex. Interestingly, this person’s partner voted for flapjacks.

Question 9: Biggest running mistake ever?

- The winner of the calendar was chosen based on the answers to this question. And the winner was..... “introducing myself to PK”. Congratulations Rob;
- Wearing old shoes which fell apart before the end of the race got 2 votes. Lacing them too loosely and losing one in a bog got another vote;
- Pre-race boozing was regretted by 2 people and not drinking enough (presumably water) was regretted by 1;
- Toilet troubles garnered a few votes and someone forgot to bring a change of pants to the Merthyr Mawr race (for after the race);
- Not being prepared; going off too fast; going on a blind date with a tough guy; doing the Grizzly just after the Green Man Challenge;
- “Thinking I know a short cut and finding out too late that I don’t and it gets very dark”;
- “This is an oxymoron”.

Question 10: Who contributed the most to TACH during the last year?

- The winner was Chris Smart. Congratulations, well deserved;
- Most modest voter was the person who simply wrote “me”. Buy me a drink and I’ll let you know who this was.

TACH Races

Moorland Multi-Terrain

(by The Gaveller)

24 January 2010

185 runners discovered the charms of one of the last pieces of countryside left in the City of Bristol on Sunday. This inaugural event, hosted by the Avon Riding Centre for the Disabled and organised in association with TACH, took place in ideal conditions to show off the views across the Severn, whilst maintaining sufficient mud and water under foot to offer a challenge.

Star performances were produced by our very own Rob Hicks, who improved on his third place performance at the Riverbank Rollick in Thornbury last week to win this event in 38m 53s and Vicky Plume of University of Bristol XCC, who left most of the men trailing in her wake, finishing seventh overall in 43m 4s – 3m 9s ahead of her nearest rival. MV40, Ken Ham of Thornbury RC finished second, 1m 42s behind Rob and Oliver Turvey (U/A M16-24) showed promise, finishing third in 41m 10s. MV60 Peter Willoughby of Hogweed Trotters also performed exceptionally well to finish 8th overall in 43m 22s.

31 clubs were represented from as far as way as London and Hereford, but even local participants were surprised to discover this rural enclave so close to the city, which is a potential Gateway to the Community Forest Path.

This turned out to be a great event, which should get easier to put on when ARC know what is expected of them. This time we had to supply rather more people than I would have liked. (Many thanks to Libby, Sue Baic, Claires Scaife and Chipperfield, John McD, Chris S, Pete Brown, Jonathan, Mark and Antony). This was due partly to the need to change the course, when the Highway Authority stole one of the bridges over the motorway, and partly to uncertainty about how many marshals ARC were going to supply.

Nevertheless, many TACHers were able to race. (See Race Results page).

Event photos can be found at www.ClickRed.co.uk. TACH runners are on show – but not very many of them are wearing club vests. Shame!!

The official results look a bit like this:

Class	No. in class	Pos in class	Name	Club	Time	Over all pos
M60+	12	1 st	Peter Willoughby	Hogweed Trotters	43-22	8 th
M50-59	32	1 st	Andy Creeber	Chepstow Harriers	44-42	13 th
		2 nd	Nick Watson	Team Bath	45-21	16 th
M40-49	44	1 st	Ken Ham	Thornbury RC	40-35	2 nd
		2 nd	Martin Bird	Nailsea RC	41-38	4 th
M25-39	31	1 st	Rob Hicks	TACH	38-53	1 st
		2 nd	Geoff Twining	Stroud AC	42-39	6 th
M16-24	2	1 st	Oliver Turvey	U/A	41-10	3 rd
F60+	1	1 st	Gill Constable	Cheddar RC	60.30	136 th
F50-59	15	1 st	Shan Aguilar-Stone	Bitton RR	53.31	80 th
		2 nd	Ruth King	Southville RC	55.48	95 th
F40-49	22	1 st	Alison Cooke	Hereford Couriers	47.11	28 th
		2 nd	Yvonne Cox	u/a	48.34	38 th
F25-39	20	1 st	Fiona Cramp	Bitton RR	46.22	23 rd
		2 nd	Holly Williamson	Bristol & West	46.39	24 th
F16-24	6	1 st	Vicky Plume	Bristol Univ.	43.04	7 th

.. and from the local Press

Politicians won't make a difference but you still can

Everything's wrong but I can fix it: vote for me.

That's the message from many politicians at the moment as we head towards a General Election.

They - especially those who are out of office and want to be in it - are playing on our fears rather than our hopes.

It's in their interests to paint the grimmest possible picture of British life, so that we look to them as saviours. But they seem overly focused on the grim bit.

If you listen to them, you would imagine our towns and villages to be bustling with illegal immigrants, child murderers, terrorists, broken families, greedy bankers and enormous people waiting in queues to get their stomachs stapled.

They should get out more. A good start would have been the Avon Riding Centre for the Disabled, in Henbury, Bristol, just over a week ago, where I felt privileged to be one of about 200 people turning out for a six-mile cross-country race organised and run by volunteers from the Town and Country Harriers.

We slithered up and down hills, ran knee-deep through icy puddles, and got a cup of soup at the end of it.

This kind of thing must be happening all over the country - little groups of people organising, gathering, having fun, helping each other out, and never grabbing the headlines. It's the other side of Britain, the one for which politicians have no use.

Rob Campell in the Info Jungle

Western Daily Press Thursday, February 4th 2010

(No 439 110th in 57mins 32secs MV40, Pic no 139 on www.clickred.co.uk)

Summer Pub Series

(by Libby)

This year's Summer Pub Series is filling up fast and looks to be as popular as ever. Runners are being a little more selective about the races they want to do and the current entries look like this:

Whole series	56	
Wrington	81	6 th May
Dundry	79	10 th June
Burrington	78	8 th July
Bung Inn	75	5 th August

The Marshal Plan (repeated from the last edition given the imminence of the Summer Pub Series)

(by Pete Brown)

We organise four races each year in May, June, July, and August, and we can't do it without marshals: No marshals – no race.

The usual policy of running clubs is that members are expected to marshal all the club's races. TACH tries to be more flexible. If you really want to race, then we can normally sort something out.

1. If you can get someone else to marshal for us, then the Club is happy for you to run the race. Partners, sensible children, friends will all do as substitutes. The more the better.
2. We're happy for members to run one race, and marshal the other two or three.
3. If we get enough marshals for a race, then again the Club is happy to release volunteers to run the race. Please volunteer first though, or let me know that you really want to race.

Please try and marshal – or provide a substitute – for as many races as you can.

As the Marshal Organiser, I'll e-mail everyone a couple of weeks before each race, to ask for volunteers. I'm very happy to meet people's wishes, including placing them to take account of injuries or any other factors.

All marshals receive a whopping £2, by the way!

Thanks.

Race Reports

There's no fool....

(by John aka Don Juan)

13 December 2009

Sunday 13 December 2009 was cold. Not 'Hell's teeth – I can't even breathe' cold, but the drippy nose, tingling numb fingers and toes cold. I arrived early as usual at Merthyr Mawr, because if you don't, you have a half mile schlep from the field at the end of the single track lane (where the enterprising farmer charges you to park) to the start at the foothills of the biggest sand dune in Western Europe* (where the enterprising Brackla Harriers charge you to park). I therefore had plenty of opportunity to jump up and down on the spot and wave my arms in the air before the start. A kit check reveals that the only pants I have are the ones I am wearing underneath my leggings; still, as missing kit goes, it's better than turning up with no shoes.

The journey to the start is one of the most scenic of any race – little stone bridges and mediaeval thatched cottages around tiny village greens, then woods before the immense dunes blot out the sea. I do the race regularly because it's interesting and different, and it's one of the few where there is a strong presence of young runners instead of a preponderance of 40+ year olds. Another important factor is my favourite pub in the country is on the way home.

I knew Rob was doing the race, but as we line up at the start he is not there. A helpful marshal explained to me that the start time on the entry form was different from the one posted on the website, so they were delaying the start until the later of the two advertised times. As I stand with my hands jammed under my armpits, Rob appears with his family; his brother Chris is down for the weekend so he has been persuaded to run as well, so they strip down to race kit on the line. Rob is wearing a singlet, brave soul that he is, but I can tell that he is cold as his tattoos have migrated to South Africa.

I look round as see a large field amassed behind me – about 800 according to the starter. When I first started doing the race 6 or 7 years ago there were only maybe 150; this has implications for how you run the race, as it goes up the dune then once over the top narrows to a track a couple of feet wide between gorse and thorn bushes. In the past I have started steadily, but the price you pay is wasting a lot of time queuing to get into the funnel. This year I determine to push hard all the way through to the funnel and am rewarded by only have to wait a minute or so before moving through.

We debouch onto the back of the dune where a steep descent takes us back into the woods and past the start area on the other side of the stream, where we run onto the access road then over the railway bridge and across the fields to cross the main road to the common the other side. There is a steady track climb up to the common then you turn right and run along the common for a mile or two before descending again to cross the road. It is on the descent that I come by Chris. I ask him how he is enjoying it. He says he hated the first 30 minutes; we are 31 minutes into the race.

Crossing the road again we go over another bridge; you can see runners in front looping round to go back underneath and into the dunes. Here stands the most noble marshal of any race - access to the beach is alongside the sewerage works. I make a point of thanking him as I tiptoe through the suspect liquid leaching through the sands.

The last mile and a half is dune work, running alongside a stream. I make a couple of good overtakes, a glance around tells me that there is no-one within 50 yards so with 400 to go I can concentrate on moving up the field rather than defending my position. One of the things I particularly like about the race is that at 10k there's no respite, and the last bit through the sand is a killer so you have to push and push at the threshold.

The race then diverts into the stream itself. Running along I feel the water splashing up my back and legs. Then I remember the pants situation and slow down so that I am shuffling rather than sprinting. As we come out of the water for the last 50 yard sprint to the line, I am overtaken by a runner I don't recognise then Chris comes by me, so I lose 2 places right at the very end. The only consolation is that having pushed hard at the start I have bettered my previous year's time by 6 minutes. I am still kicking myself about the finish though. As they say, there's no fool like an old fool!

*Before Chris B starts, yes there are places in France which lay claim to this title as well. I try not to get involved....



3, 2, 1 – A Month To Remember

(by Rob)

I started running about 7 years ago when I moved to Bristol and found the TACH Summer Pub series through a work colleague. January 2010 was my most successful month's racing to date.

I began this New Year as I have done for the past 5 or 6 – with the Brown Willy Hill Run (approx 7miles). This is an out and back event from the Jamaica Inn on Bodmin Moor to the highest point in Cornwall (420m). It serves as an excellent hangover cure for those who need livening up. The race has a loyal regular following from many Cornish and SW runners and about 200 entered this year. Last year after a good month's training and racing in December and during a good evening's drinking on New Year's Eve, I announced to Jo and her Mum Karen that I was going to win the race. Of course I didn't. Unfortunately Karen believed that this would be true and proudly announced to a work colleague near the finish that I was going to be first. The lady explained that her son was also racing but that he 'didn't usually do off road running' - preferring to add swimming and cycling to his road races (I later learnt that he had just spent several months in Australia and was trying to make it as a pro triathlete). He of course did win. I am not sure who was most embarrassed, Karen or me.

This year I made no such promises and came pretty close to living up to last year's. I finished second (ahead of third place by some 3 or 4 minutes) to a very young runner from Newquay Running Club.

The course begins with a mile long road section followed by a stony lane to get onto the Moor. It then climbs over Tolborough Tor before dropping down to Brown Willy Downs for the ascent to the top. I started steadily and saw my friend Will shoot past to join the early leaders. By the end of the stony lane I was in 4th place and took 2nd after about 2.5 miles. I could not catch the runner in front and despite getting closer on every incline, and much closer on the climb to the tor, he pulled away on the flat. He opened a huge gap on the descent from the tor and never looked like getting caught. It was a slippery, frozen day and I didn't have the nerve to throw myself down the granite strewn hillside as I have done in the past. I received great encouragement from other entrants on the way back past that 'I can get him!' but I was unable to oblige. As I ran past my Dad and Dylan the dog about $\frac{3}{4}$ of a mile from home I was about 100 metres behind and hadn't reduced this by the time I saw Jo, Arthur, Karen and Linda - a family friend who was spending New Year in Cornwall. I gave Arthur a quick kiss and climbed the hill to finish. It was my best chance to get the big silver trophy to date after a few previous 3rds or 4th – maybe next year.

The Thornbury-organised 9 mile Riverbank Rollick has grown fourfold since I last entered and this year it took place on the 17th January. Chris Smart and Patrick made up a small TACH contingent. I really enjoyed this race – probably more than any before and always felt in control of my performance and ability to finish well. As with Brown Willy I started sensibly and had moved into the top 10 after about a mile of ice smashing bridleway running. I forget all the details of the race and course but remember a few key moments: On reaching the exposed section that runs alongside the River Severn I took 5th and then 4th place, leaving a gap of about 50m to the chap in 3rd. I knew I would catch him, never doubted it, but it took a little longer than I expected. I could not close him along the river, nor the section through fields afterwards. But I overtook him at the 6-mile marker, near the bottom of the only hill of note I can remember. I have always been able to run hills well and knew as I passed him I had psychologically put the boot in. He was not going to get past me after this and he didn't. It seems only fair to say that he was a V50 and so at least 20 years my senior and he finished 6 minutes / 25 places before the next V50.

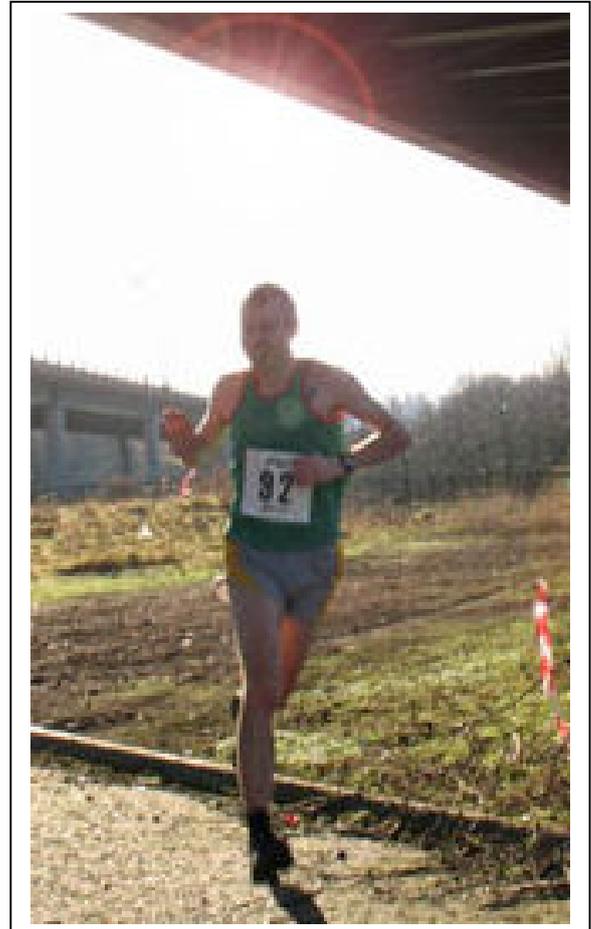
At the finish I was greeted by Chris Bloor, who had come to promote the Avon Riding Moorland Multi-Terrain, which was to be my next race.

This is a new race and, unlike many TACH runners, I had not had a preview of the route, missing the Thursday night training run some weeks earlier.

The race was joint effort between TACH and the Riding Centre and as such offered the chance for TACH runners to compete, because most of the marshals were from the Riding Centre. I guess looking back this was wishful thinking and a last minute rally by Libby saw several would be entrants helping rather than running. I was grateful to have been able to race and knew that I owed my friends a good performance.

A promisingly large field of over 180 local club and unattached runners lined up in the winter sunshine and were set off by Chris who had set the course a little earlier with John. Of the leading bunch I only knew Martin Bird from Nailsea and the first ½ mile was a tentative affair. No one seemed to want to be first, so on completing the first loop and running back through the start to drop down a muddy stony lane I decided that I may as well run at a comfortable pace which was a little quicker than the other leaders. The route was a mixture of moorland countryside and heavy civil engineering – marsh, streams, drainage channels and lanes to support the industry than has sprung up in the forgotten margins next to the motorway. I found myself in front and with uncommon things to consider: am I going too quickly?; how close are those behind?; are they waiting for me to slow?; am I going to slow? It was all quite stressful and not fun. The mental pressure was equal to the physical pressure.

Thankfully it was not a difficult route in terms of hills and terrain but the mixture of frozen and thawed ground kept the mind focussed. The climb up to the Riding Centre woods was tough and I was glad that I had clear air between myself and the second place runner, because I know I slowed. Finishing in the parade ring was fantastic and I was warmly greeted by the familiar faces of timekeepers Sue and Claire. Chris Smart and Libby were also present - waiting for the results for inputting. Jo and Arthur arrived a little while later (Arthur had been in the car feeding) and a jovial atmosphere was created at the finish as the Race and the Riding Centre itself were discussed in equal measure. This race was a success for the Club and a personal success for me, completing a month's racing that I will long remember.



Tough Love?

(by Tilly)

14 February 2010

Online race entry can be too easy, sometimes. A few weeks ago, in a fit of New Year's optimism and vigour, I sat down at my PC and within a few minutes, signed up to an array of races including a half marathon, and the Tough Ten at Weston-super-Mare.

As race day approaches, I start to wonder what I have done, and begin to ask questions. Is it very tough? The resounding answer comes back "not really." Apparently there are one or two small hills, but nothing that a TACHER would notice. It also turns out that this year, due to the re-building works at Weston pier, it's not going to be a full ten miles, either- just 9.6 miles. Naively, I allow myself to be reassured.

Naive, because my runs generally reach ten miles only when I am badly lost. I certainly do not run this far at any speed. Fearful at the thought of simply falling over through lack of stamina, I decide to run with a backpack, to practice refuelling with water and gels on route.

The day of the race dawns – a bright, early spring morning. Halfway through my porridge I notice a message from Cathy on my phone. She sounds unusually panicky: "I've overslept and 15 minutes would mean a lot to me right now. Please can you pick me up a bit later?"

We arrive at Weston in plenty of time with my chauffeur, Parker, calmly directing us to the start. Cathy and I study the pacing zones, both wondering where to line up. The nearest flag says "65-95". "Oh - are we going to be grouped by age?" asks Cathy. I remember my last ten mile training run, which took almost two hours, and head towards the back.

As we circuit the beach warming up, I lose Cathy in the crowd but find myself lining up alongside the friendly face of Sally Johnson. "Ooh" she says, you look like a proper runner with that pack on. You've got your top tucked in and everything". Alarmed by Sally's comments, I adjust myself and slip even further back in the starting crush.

The race begins - although by now I am so far back, I hear no gun - and soon the leaders are setting a fast pace around a triangular lap of the beach which makes up the first mile. For some reason I am reminded of an Olympic dinghy course – the first leg is always straight into the wind, then there is a fast reach across the wind, then another turn at the wing mark, before surfing back to the start. I tell myself that racing yachts rarely use Land Rovers as marks of the course. Also, I remind myself, it's a practically windless day, so I should be grateful for being land-based.

It was only a matter of time. As I pass the first mile marker, a lad in football kit shouts "hey lady, what's in the bag?" "It's Valentine's Day" I yell back. "What self-respecting woman would be seen dead without a handbag?"

We settle out on the Toll Road. It is in fact, a beautiful day. The trees are still bare, but this means that the waters of the Bristol Channel can be seen glinting through the thin woodland on the left. On the right, the steep woods of the headland are alive with birds and the sun is already high enough to warm the road.

At the far end of the road there is a short queue to get over the wall into the woods. Cathy and I have paced each other so far, and we switch places several times as we climb the hill. (Here I must note, for the benefit of other novice runners, that the hill is neither short nor easy; it is significant both in length and in gradient.) As we near the top Cathy gives me a lesson in hill-climbing tactics, finishes the climb as fresh as a daisy, and accelerates away towards the water tower. I recover for a minute but slowly start to claim places, elbowing my way through runners on the narrow rocky descent.

At this point I should mention that the Tough Ten is really well managed. There are two different routes through the woods but they are very clearly signposted, and the whole trail is peppered with vocal and helpful marshals. Big pink kisses to all the organisers.

The second lap of the toll road starts at the five mile marker, and I turn the corner to find James “race support” Parker yelling his lungs out at anyone and everyone. The complete stranger running next to me gets a special mention, at which he seems almost overcome. Spread the love, I say.

Perhaps it’s just the spring air, or perhaps by now we all feel a little light-headed, but for the next couple of miles there is a continual chat and banter between runners. I am interviewed at length by a friendly London marathon entrant, who again, judges by my rucksack that I must be training for something special.

Given Cathy’s tactics on the first lap, I decide to walk a little on the second climb. This does nothing other than making me slower. I realise I still have a lot to learn about the secret art of running uphill. Frustrated at myself, I fly down the descent, happy to be travelling faster as the route becomes less populated. The girl in front of me (obviously full of the joys of spring) hurdles the post at the bottom of the path, to the cheers and applause of onlookers. I think some very unsportsmanlike things about how much energy she has left.

But now we are on the home run and simply have to loop the marine lake before heading back to the beach finish. Cathy is about one hundred yards ahead of me but still within sight. The marine lake is rippling blue in the noon sun and I momentarily consider a quick cooling dip. However I am swiftly deterred by a firm stare from one of the two burly lifeboatmen, who, fully dressed in drysuits and lifejackets, are guarding the edge of the pool.

As we sweep down the slipway onto the wet mud of Weston beach, the finish line comes into view just a few hundred feet away. Excited by how close it is, I muster up a sprint and pass five or six runners, crossing the line 15 minutes sooner than expected at 1:26:00. Cathy has already finished with a very respectable 1:24:44. As Parker drives us home, I reflect I’ve had enough of being girly for one day. And as always, Race Support comes up with the goods: a sofa, beer and Six Nations rugby.



Training Runs

Compton Inn, Compton Dando

19/11/09

A great route – loved it in the summer by daylight and now love it in the dark. The river is fun but cold – feet lose all their spring. Curry to warm up. Great stuff!

Jonathan

TACH meets the F-Word tonight. An interesting social experiment having two separate tables.

Pete K

I do like running through the stream. To paraphrase Turtle, running through the stream is cool – in more ways than one.

Ed.

Wet but good.

Claire

Inn On The Green, Horfield

26/11/09

Twelve ran. Two extra in the pub – then another three. Two blocked paths on the route – both on runs off the Community Forest Path. Join Friends of the Community Forest Path to do something about it!

The Gaveller

Great run – nearly killed me. What a surprise to see the pub car park.

David

A very urban route. Strangely, the wettest, muddiest bits were the alleyways and back lanes.

Jonathan

Where were we?

Tilly

The Pump House

03/12/09

From the Nightingale's Valley to the Paradise Bottom – and with a full moon. You can't ask for more!

Luke

Nightingale's bottom on view by the light of the moon. Paradise! Great route and a cracking pace – I really enjoyed it.

Turtle

After a crappy work day, a very nice run with perfect weather. And a good old burn along the towpath at the end.

Mark W

Avon Riding Centre and The Victoria

10/12/09

Seventeen of us set off on the route for the Moorland Multi-Terrain race. It's a great route and we all had plenty of fun. A classic winter run: mud, water, a complex route and a biting wind.

Turtle

So many different muds – each with it's own colour, texture, smell and degree of wetness. Should be a great race. The people on the motorway don't know what they're missing.

Cathy

Squelch, squelch, arrrrrr!

Luke

Turtle's Treasure Hunt, Coach and Horses

17/12/09

Tonight was Treasure Hunt night. I was in charge and was still printing off maps at 7pm (my printer ran out of ink and then wouldn't work). Luckily I live close by but I still arrived five minutes late – sorry!

It sounds like everyone enjoyed it and the results are:

First place	Jonathan, Rob and Chris	220 points
Joint second	David and Pete Burton	190 points
Joint second	Joe and Luke	190 points
Joint second	John and Pete Brown	190 points
Fifth	Cathy and Sam	160 points
Joint sixth	Jason and Ruth	150 points
Joint sixth	Emma	150 points

Rob waited for Emma for a few minutes but was getting cold, so he set off and joined Chris and Jonathan, about a minute before Emma arrived. Nice to see Emma out again after a long injury lay-off.

Turtle

Thinking and running. Steady on!!

Cathy

Miner's Rest, Long Ashton

07/01/10

Beautiful! Crunchy snow, clear skies – fab. Big thanks to the makers of Inov8 shoes. **Mark W**

Echo the Inov8 comment. Some rutted, ankle-turning terrain followed by an icy ascent (achieved by hanging on to a wire netting fence). But fresh, open snowfields and sub-zero temperatures make for a wonderful run. **Don Juan**

Great run. Lots of snow everywhere and it wasn't too icy. John and I ran over to the pub from our respective homes but John is going to wimp out of running home. NO!, I say, the body is wicked and must be punished. **Turtle**

Totally Magical! (Although we looked like a bunch of manic elves, desperately looking for some overdue presents to deliver). **Luke**

Carpenter's Arms, Wick

14/01/10

Led by Jonathan, seven of us followed through the remnants of the snow. Mike, on his first TACH run, Cathy and Andy, Turtle, Pete Brown, Rob and I. The Gaveler joined us in the pub, after the meeting that had prevented him from running with us. **Ed.**

Bag O' Nails – Handicap Race

21/01/10

First time I've 'run' with TACH for a long time – managed the recce. Everyone came in pretty quickly, which was just as well given the weather. Many thanks to Jonathan for his umbrella. **Libby**

And many thanks to Libby for her time-keeping. **Ed.**

Thanks, Steve, for the chocolate. I couldn't have got round without it. **Chrissie**

Results: Rob 19:56; Mark 21:09; Luke 22:30; Steve 23:23; Chris S 24:26; John 24:29; Turtle 25:52; Tilly 27:50; Chrissie 28:00, David 28:33

Star, Pill

28/01/10

Well over four months have passed since my last TACH run. Pete de B crowned my return with a lovely route and the pub does reasonably-priced Butcombe. So, all in all, not a bad return. **Pete K**

Enjoyed the run and finally decided it's time to become a member. **Andy F**

Excellent run. Thanks, Pete, for putting in a bit of everything – mud, views, cold water, hills, long descents and a good, steady run to the finish. Oh – and Butcombe. **Cathy**

Tried to find an industrial route through Avonmouth but gave up and crossed to the other side of the river. Pleased with the feedback and the pub is better than I thought. **Pete De B**

Lock Keeper, Keynsham

04/02/10

Wonderful route – smell of damp mud and the glimmer of the river sliding through the darkness. The T-shirt salesman has earned his commission tonight!

Tilly

Nice run. However, it was somewhat marred by too many people turning up- - whatever happened to the small, elite group of yesteryear. It's all getting far too serious – lycra everywhere.

John McD

Nice to see so many people out this evening. I think the pub is somewhat dismayed at a crowd of rather smelly, noisy runners. Hurray!

Mark W

Arrived 60 minutes late and, by chance, met the group after 25 minutes run – what a fluke! Recognising this as an auspicious sign, I joined the club and pulled on the shirt with great ceremony in the pub.

Mike

And the TACH T-shirts are just amazing!!

Andy F

Barley Mow, St Philips

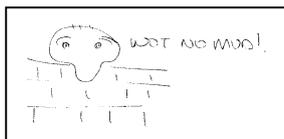
11/02/10

The Hell Route from the Gaveller's "The Inner Path" book

Well, if that was Hell, then Heaven can wait. The steps up Nover's Hill are a masochistic sort of pleasure. The Barley Mow – one of my favourite pubs, Bristol Stout etc. Great stuff!

Jonathan

First TACH run with no mud than they were at the start! tonight.



My trainers were cleaner at the end of the run But plenty of hills instead. All views and fumes

Cathy

A whole load of viewpoints that I never knew existed around Bristol. Best seen in the dark, as then we couldn't see all the litter properly.

Laura

A good workout up lots of hills. Good, rewarding views and a good pub afterwards.

Joe

Fox, Easter Compton

18/02/10

Pete Brown disdained the pub! Rob came in despite family commitments and Sam has just left. Tonight was a night for true TACHers with snow and lots of mud. John, 2 Chrises, Pete De B, Luke & Ant, Jonathan & Andy. We did the Henpecked Husband Shopping route - so naturally Libby shopped while we ran!!

The Gaveller

Spent the day anticipating the run, watching the snow fall outside my office window. No snow in the city but plenty on the verges as we approached the pub. Feet were soon wet and frozen but a great run around the northern reaches of the Green Man route.

Don Juan

Just about every condition you could imagine - and how surreal to be running round Asda at night. Bizarre. Good run and enjoyable over the virgin snow. Cathy missed out!

Andy F

Wet. Snow. Cold. Mud. Perfect!

Pete De B

Club Championship 2010

A few changes

(by Ed.)

After a couple of years without a Club Championship, last year's Club Captain, Rob Hicks, reformatted and re-launched the Championship with great success (I would say that, wouldn't I, as I won it – but I know many other members are of the same view).

Well, taking on responsibility for the Club Championship in my role as this year's Club Captain, I was keen to build on the excellent foundation put in place by Rob. The key to success will still come from scoring points by attending, and sometimes leading, Thursday night training runs together with completing races, especially those nominated as Championship races.

The main changes to the points regime this year are:

- Score extra points on a club training run by running in a club vest and / or wearing a club T-shirt in the pub – let's make the club more visible!
- Non-championship races score the same as a club training run.
- Championship race points are half those of last year but there are twice as many races, to hopefully enable more members to have the opportunity to take part in some of them.
- Score an extra five points for every ultra that you complete.

The Championship races are clearly marked on the Race Diary page of the TACH website.

So, an update on how things are looking after the first seven weeks of the Championship. Thirty-three members have scored points (I have added the points for those members who I know helped with the Moorland race or who have completed races and training runs without making it to the pub to enter their own points). The top ten at the moment is:

Chris Smart	78
Robert Hicks	75
Chris Bloor	60
Antony Clark	50
John McDonough	47
Mark Wilkins	38
Cathy Fagg	36
Tilly Shaw	33
Andy Fagg	30
Libby Bloor	25

There are 45 more weeks to go, so there is ample time to accumulate lots of points and move up the table.

Race Results

Results for TACH Members (TC = TACH Championship Race)

DBMax Chilly 10K (Castle Combe) 22/11/2009 - 166 finishers		
Name	Time	Position
Joe Scaife	48:32	87

Brent Knoll 5.5 miles 29/11/2009 - 122 finishers		
Jonathan Gledson	47:22	18

Full Monty-Cute 10.5 miles (TC) 06/12/2009 - 241 finishers		
Jonathan Gledson	1hr 32:12	21
Chris Smart	1hr 37:49	44

Merthyr Mawr Christmas Pudding 10K 13/12/2009 - 617 finishers		
Rob Hicks	38:41	5
John McDonough	49:16	143

Wyvern Christmas Cracker 10K 13/12/2009 - 1487 finishers		
Patrick Winstone	53:49	576

Clevedon Boxing Day 4 miles 26/12/2009 - 857 finishers		
Bill Charnock	31:13	385
Karin Dixon	39:59	765
Mark Wilkins	53:00	854

Hangover 10K 01/01/2010 - 218 finishers		
John Tarkanyi	41:49	46
Cathy Fagg	49:33	123

Brown Willy Run 6 miles 01/01/2010 - finishers unknown		
Rob Hicks	Unknown	2

Riverbank Rollick 8.7 miles (TC) 17/01/2010 - 258 finishers		
Rob Hicks	58:43	3
Patrick Winstone	1hr 13:35	89
Chris Smart	1hr 17:50	110

Moorland Multi-terrain 10Kish (TC) 24/01/2010 - 185 finishers		
Rob Hicks	38 :53	1
Joe Scaife	48:57	40
Patrick Winstone	49:20	43
Tilly Shaw	53:38	82
Lisa Griffiths	53:56	88
Chrissie Kelly	55:30	94
Cathy Fagg	55:49	96
Tracey Cook	55:49	97
Emma Oughton	55:54	98
Andy Fagg	57:25	106
Laura Heape	58:09	116
David Giles	61:24	141

Slaughterford 9 miles 31/01/2010 - 351 finishers		
Patrick Winstone	1hr 12:05	75

Dursley Dozen 12 miles (TC) 14/02/2010 - 346 finishers		
Rob Hicks	1hr 21:11	6
Chris Smart	1hr 45:46	145

Tough Ten 10 miles 14/02/2010 - 1019 finishers		
Cathy Fagg	1hr 24 :44	565
Tilly Shaw	1hr 26:00	612

This Will Put A Spring In Your Step

THURSDAY RUN-LIST: SPRING TACH RUNS START at 7pm Should be getting light soon!!		
WHEN?	WHERE?	WHY?
Feb 11 th	The Barley Mow Barton Street, St Philips Dfc 1M ST599730	The Hell Route from "The Inner Path" – much better than its billing
Feb 18 th	The Fox Easter Compton Dfc 6.5M ST572824	Runners for the Green Belt run, taking in Charlton Forest Gateway – threatened by office development
Feb 25 th	The Prince of Waterloo Winford Dfc 6M ST540651	A celebratory run using a reinstated footpath, which was suffering from barbed wire.
Mar 4 th	Beaufort Arms High Street, Clifton Dfc 1M ST573747	Handicap Race – <u>meet at the Water Tower on the Downs.</u>
Mar 11 th	The George, Backwell (Farleigh) Dfc 6M ST497692	Bill Charnock to lead. Could be the ultimate Backwell hill run unless he has found a way to top it!
Mar 18 th	White Hart Littleton on Severn Dfc 12M ST596900	Rob Hicks to lead. It's a great pub. The route will probably be inspired by the Riverbank Rollick
Mar 25 th	Lock and Weir Hanham Abbots Dfc 4M ST648700	PK to lead. I think he fancies the barmaid! Shame she's left!
Apr 1 st	The George Abbot's Leigh Dfc 3M ST543737	Chris Smart to lead. Will this monastic theme get to be a habit? Be aware for possible change of pub as George is currently closed.
Apr 8 th	The Crown Regil Dfc 6M ST540637	Pete De B to lead this run, which explores a re-opened path near Winford, from a pub with an improved reputation
Apr 15 th	Old Fox Inn Inner Down, Old Down Dfc 9M ST617873	Chrissie Kelly special. The Dirty Black Rat is the attraction for many
Apr 22 nd	The Wheatsheaf Corston . On A39 Dfc 7.5M ST676646	Pete Brown special – re-scheduled
Apr 27 th	The Priory Portbury Dfc 5M ST498753	Bluebell Run – Ruth and Jason to lead. Some people will be taking advantage of the fact that this is a foodie pub.
May 6 th	Wrington Woodland Run Cleeve Dfc 7M ST456656	Race – all hands to the pump
May 13 th	The Crown West Harptree Dfc 10M ST561568	A new 10K Mendip route. We haven't been to this pub for ages but it looks OK in the write ups
May 20 th	Upton Inn Upton Cheyney Dfc 8M ST692698	Jonathan's new run. Should be a good one – but unlikely to be flat
May 27 th	Angel Long Ashton Dfc 3M ST553710	Luke will lead. The route is likely to include chunks of the Ashton Court Estate.
Dfc = Distance from Centre (IE Neptune's Statue)		