



**Town and  
Country  
Harriers**  
(TACH)

# **ROUGH RUNNING NEWS**

## **November 2023**

### **Letter From the Chair**

The nights are very much drawing in. That can be a great opportunity to splash through the mud and trees with only a headtorch beam to guide the way. On the less positive side, the darker mornings and evenings can curtail running outside of our TACH group runs if we don't feel as safe on our usual routes. If you'd like some company for your local non-TACH runs, then do feel free to ask around in the pub after a run or on our Facebook page to see if there's someone who lives near you who might also like some company in the dark.



It was fantastic to see our Rowberrow Romp and Keynsham Dandy races selling out this year. To near universal praise from the runners. When many races across the country are struggling for numbers or having to significantly raise costs, it's so nice that we can put on local races at a reasonable price. And raise funds for local charities and the TACH social coffers. Hopefully that will continue through 2024. As TACH members we can all chip in to share the workload of organising and running the races. Thanks for everything that you all do.

I hope you have some great adventures or events planned for the winter and are already looking forward to filling the diary in 2024. Stay safe, and happy running.

**Nick**  
**TACH Chair**

### **Editor's Note**



Welcome to the autumn edition of Rough Running News and thank you to everyone who's contributed content this time, it's another bumper issue. Hopefully there's something of interest to everyone, and plenty to put a smile on your face.

I'm very happy to be staying on as Commsmeister and Rough Running News editor for another year, and thrilled that I'll have a companion to share the work of these two committee roles. Sarah Smith will jobshare these two roles with me in 2024.

I really hope you're receiving the information you want to feel fully involved and included in TACH – if you have any ideas on how we can make TACH communications and Rough Running News even better, do please have a chat with me (Tricia) or Sarah on a run sometime, or email [comms@tach.club](mailto:comms@tach.club).



## Contents

- **Upcoming TACH Runs and Events**
  - Rok the Stones, 25 November 2023
  - Butcombe Trail Ultra recces, starting 9 December 2023
  - Green Goddess, 16 December 2023
  - New Year's Eve Green Man, 31 December 2023
  - Twelfth Night, 6 January 2024
  - TACH Isle of Man Coast Path Adventure, 10 – 13 May 2024
- **Meet a TACHer**
  - Clarence Yeung
- **Race and Event Reviews**
  - The Keynsham Dandy, by Ian Kilgarriff
  - The Loch Ness Marathon, by Sarah Smith
  - Atlantic Coast 40 miler, by Dave Bignell
- **Rough Running Reflections**
  - How to go on a running holiday, or how to run a multi-day ultra self-supported, by Fran Pratt
- **TACH Discounts**
- **TACH Top Tips**
  - Gear review: Town and Country Cloggies by Dave Braidley
  - 'Grant us Wisdom' by Andy Grant
  - A short story about buying a new ultra vest, by Dave Bignell
- **TACH Kit**
- **Race Calendar**
- **TACH Championship Points**
- **General Club Information**

Do you have a product recommendation to share with fellow TACHers?

Perhaps you have a favourite recipe for some delicious running food?

Or you have an interesting story to tell, or idea you want to explore with others?

Why not write about it for Rough Running News!

Next edition copy deadline is **29 February 2024**

Please send your articles, photos or anything else you want to see included to

[comms@tach.club](mailto:comms@tach.club)

Thank you 😊



## Upcoming TACH Runs and Events

### TACH's Autumn Social Run Rok the Stones

**Saturday 25 November**

**Stanton Drew Village Hall, Sandy Lane, Stanton Drew, Bristol BS39 4EL**

There will be three route options for this autumn's social run - 27.2 miles, 10.6 miles or 6.6 miles. The 27.2 miler will start at 8.30am (meet at 8.15am) and consists of three loops (10.6 miles, 6.6 miles and 10 miles) from Stanton Drew Village Hall. Each loop returns to the village hall, allowing runners to refuel, use the facilities or finish if they want to. There may be slower and faster groups if we have two run leaders. Most of the route is off-road, following paths and tracks, varying from flat riverbank to steep climbs. Expect mud. Over 2,700 feet of ascent. Cut off time for the start of loop 3 is 1pm to make sure everyone is back at the Hall by 4pm (equates to running the first two loops totalling 17.2 miles at 15.6 min/mile pace and finishing the last 10 miles at approximately 3.30pm).

The 10.6 miler will start at 10.45am. The 6.6 miler will start at 11am. Maps of the loops can be found on the TACH runs spreadsheet. Parking is available at the Village Hall. Please lift-share if possible. Warming veggie chilli and crusty bread will be provided, plus hot drinks, cakes and biscuits. **Please sign up on the TACH runs spreadsheet if you plan to take part, so we can cater for the right number of people - thanks.**

### Butcombe Trail Ultra Recces

To help people to prepare for the Butcombe Trail Ultra on 27 April 2024, TACH will be leading several recces. Anyone is welcome to join the recces, you don't have to be doing the ultra to enjoy a good recce. All recces will start from the Swan Inn in Shipham at 8am. Dates and distances for the recces are:

Saturday 9 December	BTU Swan route 3	20.2 kms
Saturday 20 January	BTU west recce	35.4 kms
Saturday 17 February	BTU east 50 recce	56.1 kms
Saturday 2 March	BTU east 56 recce	55.7 kms
Saturday 23 March	BTU west recce	35.4 kms

### Green Goddess

**8am, Saturday 16 December**

**Newbridge Park and Ride, Bath BAI 3NB**

The Green Goddess is a pre-Christmas TACH favourite. Fran Pratt will be leading this 27ish mile loop around Bath. There are likely to be faster and slower group options depending on numbers. Please bring food, clothing and maps to be self-sufficient on a winter's day. There will be a quick refreshment stop in Batheaston (halfway) to top up on drinks and snacks.



## **New Year's Eve Green Man Ultra 6am, The Angel, Long Ashton Sunday 31 December 2023**

The annual NYE (and possibly semi-supported) running of the Green Man Ultra will take place on 31 December 2023, starting at 6am from The Angel in Long Ashton. Six TACHers took it on last year and it would be good to get a similar number or more for this year's event.

The aim is to help each other get around the 45ish challenging miles right at the end of another year. We really welcome first-timers who have never run an ultra before but who wish to challenge themselves. You don't need to know the way, though it certainly helps if you do. We tend to stick together until around Keynsham before then emerging into small groups of a similar pace, with at least one person knowing the way in each group.

We try and look after everyone as best possible, but it is quite possibly the hardest time of the year to do the Green Man Ultra.

The day normally commences with the immortal words... "Does anyone know the way?"

It's free. It's social. It's fun. And quite often it's wet and / or cold.

See you there!  
Jim Plunkett-Cole



## **Twelfth Night Saturday 6 January 2024**

The TACH Annual Twelfth Night Party will be held this year in the main bar at Redland Green Tennis Club on Saturday 6 January 2024. There will be a delicious and varied hot buffet. There will be prize giving. There will be music. There will be friendships to build, old and new. Come along! Tickets will go on sale shortly.



## TACH Isle of Man Coast Path Adventure, 10 – 13 May 2024

Jonny and Fran are arranging a run of the coast path around the Isle of Man from Friday 10 May to Monday 13 May 2024. It's about 100 miles over four days (see pics below).

This will be inclusive, easy pace running, around 8 hours of running per day to complete about 30 miles per day. If people want to do less that's fine and there are buses and taxis available. Elevation per day is about 100m / 1900m / 900m / 800m.

To make three equal days they are aiming to stay in Port St Mary, Kirk Michael and Laxey. They plan to camp but people could book a B&B instead. Since the route goes through three main towns at lunchtime, you won't need to carry food, and each evening there is a shop and a pub in the towns.

May is the driest month on the Isle of Man, it has the same rainfall as Manchester, but slightly cooler with more sunshine, however you'll still need waterproofs! Some of the group will be swimming and if it's sunny there's talk of buying ice cream on the beach 😊

If anyone would like to join, please get in touch with either Jonny ([treasurer@tach.club](mailto:treasurer@tach.club)) or Fran ([races@tach.club](mailto:races@tach.club)) to share travel arrangements (including sharing flight luggage allowance where possible).





## Meet a TACHer

### Clarence Yeung

#### How did you first discover TACH and when did you join?

I moved to Bristol from Hong Kong in April 2023 as my daughter is studying at Bristol University. I was not familiar with trail running routes surrounding Bristol and wanted to join a local trail running club. I identified TACH and went to the website. I liked those photos as the combination of runners are very diverse. The first event I joined was the Rowberrow Romp recce in May.



#### What led you to take up trail running?

I started road running almost 10 years ago. In 2014, I participated in seven full marathons within a year including Seoul International Marathon in Korea, Paris International Marathon in France, Green Island Marathon in Taiwan, Osaka Marathon in Japan, Macau Marathon, Singapore Standard Chartered Marathon and China Coast Marathon in Hong Kong. Having only one year of running experience, I suffered with plantar fasciitis. A running buddy asked me to try trail running as it is allowed to walk uphill, jog on flat trail and run downhill. It requires different muscles. Besides, the scenery is amazing, and I can talk to friends during trail running. Since then, I started my trail running and attended different trial running events. I love it.

#### What's your favourite distance and type of terrain?

My favourite distance is 50 km to 100 km as I am not running fast but have endurance. I like nature terrain but not too technical on downhill.

#### What work do you do?

I worked in the banking industry for over three decades. My profession was project management to build wealth management platforms for international banks and regional banks. I was a forex trader and bond trader in my early career. I decided to retire early to move to the UK permanently. Now, I spend around three hours a day taking care of my own financial investment portfolio. I also spend time learning how to swim and ride more efficiently.

#### What's the most interesting book you've read in the past year, and why?

I like the series of books written by Scott Jurek including Eat & Run and Born to Run. Scott Jurek is a world-renowned ultramarathon champion. He shares lots of tips on how to maintain his endurance, on diet (he's a passionate cook) and on physical therapy. If anyone is interested, you can find more information at <http://www.scottjurek.com>.

#### What's your favourite bit of running kit and why?

For distances below 20 km, I prefer a waist belt instead of a backpack. My favourite running shoes is HOKA because of Vibram which can handle most terrain.



**Do you have a favourite running route you'd like to share with RRN readers?**

I like to run to Blaise Castle from Clifton then circle back to home. The distance is around 15 km. It is good for weekday regular exercise.

**If money and time were no obstacle, what would your dream run be, and why?**

My focus is to keep good health and enjoy doing exercise. I like to connect with people from different cultures and backgrounds as I can learn from their experience. I recently enjoyed a stage race after participating in the Marathon des Sables in April 2023. Desert racing is tough because you need to carry a heavy backpack in hot weather. I plan to participate in the Atacama Crossing Desert Race in September 2024 and may consider trying a very technical race, the Dragon Back in Wales, in 2025.

**What's your favourite thing about TACH?**

Definitely friendship. I like the sincerity of TACH people. Everyone is inclusive and diverse. I felt very welcome every time I join in.

**If you had one tip for anyone new to trail running, what would it be?**

Trail running is not purely exercise. It provides an opportunity for self-reflection during running. When trails are in different terrains, you need to concentrate to avoid getting injured. Trail runners are more humble and well experienced not only in running but also life sharing. For new trail runners, I would suggest setting a clear target and joining a race no matter how short or long the distance. Then, you will be motivated to continue practising.

**If you had to put these in order from like to dislike, what would the order be?**

5am alarm > races > marshalling > sunrises > hills (down) > hills (up) > sunsets > cider > bluebells > gels > cows > nettles > mud > ticks > black toenails > getting lost.

**And finally...**

I have decided to move to Reading and relocated to Green Park Village by the end of October. I will miss Bristol as it has lots of hilly trail running routes around this beautiful and energetic city. I decided to move to Reading because I believe my daughter may find her first job near London. Then, she can come back my home more frequently (I hope). If she finds a job in a law firm in Bristol, I may need to move back. Anyway, I will definitely come back to Bristol regularly to join club events for marshalling and races. It doesn't take long to drive to Bristol from Reading. TACH is not purely a trail running club. It is a big family, with warm hearted people. I like it.





## Race and Event Reviews

### Keynsham Dandy 22 October 2023 Race Report By Ian Kilgarriff, Race Director

#### Facts and Figures

200 registered runners (100% of places filled!)

167 (84%) runners started

167 finishers

Fastest time 1:31:23

Most determined runner 3:13:42



As ever, this couldn't happen without a team, and as last year, I had great support from Fran (Chair, race committee), Martin (Marshalmester), Richard (Course setter), and the wider club, regarding publicity, kit storage etc.

For the race to go ahead, the two critical pieces of paperwork we need are the Race Insurance (easy), and as the race starts and finishes in a council-owned park, we have to apply to the council for a licence to run the event (not so easy). This involves producing an 'Event Management Plan' and supplying several other documents for them to review and approve. Eventually... (extortionate) land use fee paid, Event Management Plan accepted, and event licence granted! However, that's not all – there's the race HQ (the New Inn), First Aid cover, medals, prizes, SiEntries, route recces, and speaking to landowners (not strictly necessary, but a worthwhile courtesy I think, with the prospect of 200 people and 40 dogs traversing their fields) to sort.

Just before race day, the landlady at the New Inn told me that there was a bit of an issue with the skittle alley – it was full of collections for Christmas and Ukraine, so she was going to open the pub for us. That was good because it resolved the limited toilets issue in the skittle alley! There was some rain in the week before the race, and the Thursday club run and Saturday's course setting confirmed that conditions were suitably moist underfoot, and that the streams would be suitably refreshing!

Race day dawned, with perfect weather conditions. Final course setting had been completed, race HQ was open (always a concern that it might be locked), registration was under way, marshals were in place, and with the race briefing complete, everyone was ready to go. The solo runners start went smoothly. I had been worrying about how to start 40 hyped-up canicross dogs on a public path but setting them off in waves resulted in no casualties – either to the runners or innocent park users! 167 runners arrived, registered and started without incident. Then, it was over to the marshals on the course to deliver the special support and encouragement that TACH races are known for.

Everyone who started, finished. The First Aid crew weren't needed. There were a few navigation issues on the route that we will need to improve on, but apart from that, from the comments on the finish line, and later on-line, the race was enjoyed by all.





Thanks to all TACH members and supporters who helped deliver such a brilliant race!

And in their own words, from race participants:

*'It was horrible and I loved it!'*

*'Brilliant race, proper old school XC. Lovely marshal team, friendly, well organised and low key. Absolutely bang on. Hope to see you all next year. Thank you.'*

*'Great route – nice and challenging. Really well organised and fabulous marshals – and lovely weather. Loved it all – thank you!'*

## **The Loch Ness Marathon By Sarah Smith**

Maybe it was the possibility of sighting Nessie, or maybe the promise of Baxters soup, but the Loch Ness marathon at the start of October caught my eye. With all that beautiful Highlands scenery, it seemed like a TACHer's perfect road marathon. Not to mention there-and-back flights from Bristol to Inverness within 48 hours for £50.

It was the most stirring start to a race I've ever had. After a one-hour coach ride from Inverness, we gathered in the hills above the Loch and a band of pipers played Flower of Scotland. And the route was stunning – more or less hugging the shore of Loch Ness most of the race. I had it in my mind that it was downhill from the start, but that only lasted a couple of miles. A 'monster' of a climb at mile 18 was particularly tough. My race didn't quite go the way I wanted, and I finished in 4 hours and 7 minutes. Probably the lack of fast, longer runs but possibly also a head cold that had me googling 'can you run with a cold' the night before (the answer is, yes if it's above the neck).

Sadly, I didn't see Nessie. But I learned that the sightings are probably 'massive eels'. This was from Alex, a former fisherman and the lovely owner of the 'boat and breakfast' I stayed on. 15 years ago, Alex took on an old fishing trawler, restored it and converted it for holiday use. He's done cruises on the Caledonian canal and berthed on the Loch Ness and is now in Seaport Marina on the outskirts of Inverness. He told me about the time he took some Dutch divers onto the Loch and they saw eels 'the girth of your leg'. Can be nasty things, eels apparently, and the divers never went back in the water again.

Unlike them, I would definitely be up for a repeat visit – for the marathon and a stay at Alex's boat and breakfast – if anyone wanted to join me!



**Next year's Loch Ness Marathon is  
on Sunday 29 September 2024**



## Atlantic Coast 40 Miler 8 October 2022 By Dave Bignell

In recent years I've become more of a South Wales fan than Cornwall. Don't get me wrong, I have been to Cornwall plenty of times and always had a blast. But I remember being more conscious of the increasing traffic and crowds there and at the same time had the chance to find some lovely places in Wales. Anyway, my friend suggested we do a race in Cornwall, and it sounded like a good opportunity to go back.

The race was 40 miles (62 km) with a 1,500m climb along the North Cornwall coast from Newquay to Hayle near St Ives organised by Votwo Events in a warm October last year. I guess Votwo is as in VO<sub>2</sub> but couldn't swear by it. They had another event the same weekend with three marathons on consecutive days along the same coastline, though I didn't chat to many people about how that went and wasn't much cross over with mine.

We decided to go with families and dogs. Entering a weekender is usually conditional on it being somewhere nice with plenty to do for everyone, and this one fitted that bill. And I needn't have worried about the journey either; door to door was less than three hours on a Friday after school thanks to dual carriageway all the way except the last tiny bit. Tick.

There was bad news however: my friend got an injury a couple of weeks before and couldn't run. She came anyway and all seemed to have a fun day in the sea. We decided to stay in the same campsite as event HQ, just behind the sand dunes of

the St Ives Bay (I will come back to those dunes later!) which was really convenient.

Training had been pretty good: long runs ramped up to 3.5 hours I think, less miles midweek than ideal but still a mix of hill reps, strength sessions, even some sprint reps to keep me honest. One thing I do remember was training when the weather was 40 degrees +, remember that?!

The race was to be my longest distance, so I also thought about nutrition during training, having had some iffy 50 km experiences previously, probably due to not eating enough. This included trying Tailwind electrolytes which I got on with pretty well, once I found a flavour I could cope with. All-in-all I found myself pretty confident of doing the distance.

The day started bright and fresh, with bag packed, porridge eaten and toilet routine successfully completed. A bus journey to the start line by Newquay beach with a group of 50ish serious-looking entrants, then, without much ceremony, we were off. Early stages went fine, I kept with the leading group to help with route finding until we got safely on the main coast path.

There was some place changing at checkpoints and in villages without signs (even if there's such an obvious path to aim for!) but I guessed I was staying roughly top 10 and was very chuffed with that. Time was passing quickly with short periods of chatting to other runners,





longer period of listening to podcasts (wished I'd made different choices there), but mostly just marvelling at (and possibly shouting about) the stunning location. The weather couldn't have been better: dry and warm with no head wind and clear enough to more-or-less see St Ives throughout.

The route took us through neat little fishing villages like Perranporth, Porthtowan and Portreath, along scorched rolling cliffs and huge sandy beaches dodging the chasing dogs and sandcastles, feet staying dry thanks to a tide that was out when I needed it to be.

Terrain was all pretty runnable, with the first half having more than its fair share of climb, and thankfully few flights of steps throughout. And I needn't have worried about crowds either. The coastal path was often quiet with really only marathoners in the first stretch and holiday makers with ice creams in the villages. There were more walkers closer to St Ives until it got really quite busy going into the last five miles of beach and dunes.

Nutrition was going well which allowed me to keep my pace up, though I remember feeling a bit sick by the end having eaten mostly gels, blocks, bars and powder more than cake and sandwiches which had been the plan. My main low point was those damn dunes. As well as losing rhythm on the sand with the inevitable fatigue, I also found it impossible to keep to the right path with no line of sight to orientate and no time to recce, coming across some people more than once which was (forgive me) swear-out-loud frustrating. At least the final stretch in the campsite was better going and I even summoned up energy to race a pleasant chap from Taunton to the finish.

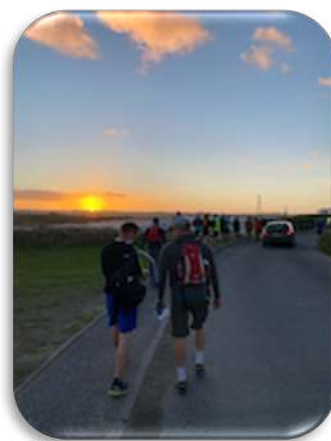
A major driving factor throughout was the prospect of the sizeable welcome committee at the finish.

Personally I find that such a positive force, both anticipating the familiar faces and creating a determination not to fail. Plus I had a vague target of 8 hours in mind, so I was delighted to finish in 7:45 hours in 9th place, especially finding out I was the oldest fart in the race by some margin.



So I thoroughly enjoyed the event. I found it a manageable step up from 50 km, still quite challenging without the more extreme terrain of the south coast races like the RAT. Organisation was very good with well stocked and cheerfully marshalled checkpoints, tasty food at the finish line, and no-drama logistics. The campsite was great too with good accommodation and just the right food and beer in the clubhouse post-race. We were in a small but newish static caravan with family and dog, and the biggest treat of the whole weekend was having the dog to cuddle on the bed, strictly not allowed at home 😊

But overall the star of the show was the beautiful Cornwall coastline, and I look forward to rekindling the relationship more in future!





## Rough Running Reflections

### How to go on a running holiday Or how to run a multi-day ultra self-supported By Fran Pratt

In September I began running the Pennine Way self-supported and stopped after about two thirds of the way in after 3.5 days having run with between 8-10 kg and run 166 miles with 26,683 feet after the weather and the trail got the better of me. If that sounds fun, and you'd like to do it too, I've got some top tips!

1. **Pick your trail**

I'd recommend the West Highland Way to anyone new to long distance trails as there are regular pub stops. Or check out National Trails or LDWA for inspiration.

2. **Decide how many hours a day you want to run**

For a fun holiday I aim for 8-10 hours (this is 30-35 miles for me), for a challenging 'holiday' anywhere 12hrs+ leaves me suitably exhausted.

3. **Work out your budget**

The Pennine Way on average cost me £68.50 per night for a mix of hostels and B&Bs, it would have been cheaper if I was sharing!

4. **Figure out getting there and back**

Some long-distance trails are hard to access by public transport, so sometimes I end up starting from the nearest train station rather than the actual start. Happily, the start of the Pennine Way has a train station.

5. **Plot or import your chosen long-distance trail into your mapping solution of choice**

I use OS Maps (I used it before I worked for them for those that think this a shameless plug!). LDWA have the gpx files for the majority of Long Distance Trails, National Trails have the gpx files available on the National Trails website.

6. **Start looking for accommodation**

For the Pennine Way I was looking to do 40-50 miles a day, so I looked for hostels or towns which were near to those 40-50 mile intervals and noted them down. [www.contours.co.uk/](http://www.contours.co.uk/) is also useful for finding available accommodation on popular long-distance trails (or if this all sounds like a lot of effort, book through them!).

7. **Narrow down the accommodation and book it**

With OS Maps open in one window, and booking.com in another, narrow down the accommodation making sure it's roughly at the mile intervals. I usually email the accommodation provider asking if I can post up a small parcel of food the week before I start. I've had a really good success rate with this.



## 8. Split the route into the sections you've decided on

I used [www.plotaroute.com/](http://www.plotaroute.com/) to split the route, then import it back into OS Maps. For each day I added into the description escape options in case I needed to stop, where possible water stops and shops were, and an overview of what the day would be like. Also make sure your route goes to the door of your accommodation, I managed to run in the opposite direction to my hostel on my second day.

## 9. Add all the info to a spreadsheet

I usually include the start, end, where I'm staying, distance and elevation. For the Pennine Way I got a bit more advanced and tried to estimate a range of how long it would take me, partly because I picked 'holiday' and so I wasn't sure if I'd finish before my accommodation check in closed, you can see the spreadsheet here<sup>1</sup>.

## 10. Scope out your en route support options

Particularly water stops - either from streams or shops. I used Google Maps which often had the Pennine Way on, and saved shops on Google Maps. This was really useful when I got to a town to find the shop easily.

## 11. Figure out your kit

My kit list is fairly similar to ultra mandatory kit, with extras of clean evening clothes, toothbrush and paste and insulated jacket.



## 12. Start training with the kit

I found that my bag with the full kit was really heavy, so it was useful to normalise carrying a heavy bag. It was 4.3kg of kit, 3kg of water and about 1kg of snacks – a starting weight each day of about 8.3kg. Training with the bag helped me work out a few niggles, e.g. when my rucksack cover blew off I bought a dry bag to put all my other dry bags in to protect them from severe weather.

## 13. Go food shopping - about two weeks before

I didn't eat breakfast, so I bought snack bars, gels etc for when I was running then I ate Summit to Eat dehydrated meals for my evening meal (as hostels and B&Bs always have a kettle).

## 14. Portion up your snacks and evening meals - about 1.5 weeks before

Previously I've done this on a rough rule of needing ~200kcal an hour and adding snacks until I get to the right calorie total. This time I added up all the kcal and carbs to make sure I got enough. I found towards the end of day I struggled to eat food I needed to chew so favoured gels and jelly babies.



## 15. Parcel up and post food - about four days before you start

Also useful to include spare supplies like paracetamol and treats for the end of the day! Special delivery postage is expensive, I found out!

## 16. Charge all your electrics, download all your routes and have a fantastic time on your 'holiday'!

<sup>1</sup> <https://docs.google.com/spreadsheets/d/1UCDjdpCc3MP2NYyBjft0Xk2nj-e7WZRGpVRjeEOOVZU/edit#gid=0>



## TACH Discounts

As a member of TACH, you're entitled to 10% off at the following shops. Simply mention the club when making your purchase in store.

**Up and Running**  
**Moti**  
**Easy Runner**  
**Ellis Brigham**

Also, **Charlotte Arter** is offering 10% off sports massage. Bsc (Hons) Sport Conditioning, Rehabilitation and Massage; SPS Diploma in Sports Massage (Level 4); Great Britain athlete. 30-minute massage treatment is reduced from £30 to £27  
60-minute massage treatment is reduced from £50 to £45  
07555 273016 [charlottearter@hotmail.co.uk](mailto:charlottearter@hotmail.co.uk)

## TACH Top Tips

### **Gear Review: Town and Country Cloggies** **By Dave Braidley** **RRP £17.99**

These recovery slides are ideal for club members in a limited edition especially branded with the club name, and available in a subtle green colour. The shoe is constructed in a monocoque injection moulded design, manufactured from EVA (essential victualler activities) lightweight foam. Copying the aerodynamic properties of the golf ball, the upper outer is covered in hundreds of small dimples allowing the podium competitor a marginal gain as they sprint to the top step of the bar stool. Whilst the older athlete is catered for as the shell is wholly waterproof, essential at the event campsite for a nocturnal visit to the facilities during the wee hours. A sweat absorbing synthetic cork insole and wide fit allow optimum recovery for tired feet. The base has a smooth finish with a light tread pattern giving optimum traction on both the wooden floor of the public bar, or the carpet of the lounge. In order to reduce the carbon emissions during wear, the sole benefits from a Graphene-Zero virtual coating. Weight 314 g /pair, size UK9.



In use, the shoe gives an easy fit and stable support, although it was noted the support appeared to be less stable with a distinct wobble when leaving some hours later, I think further research at alternative venues is called for. Available at a discounted price from Sanders Garden World, Brent Knoll, near the wellies. Although the store does not have a gait analysis treadmill, the staff are very friendly and can guide you through to a perfect fit. Recommended - get yours while stocks last.



## ‘Grant Us Wisdom’ Top tips from Andy Grant

Yes folks, it’s time for another Winter top tip. This time its Winter Car Key Care.

Modern car keys, lovely little marvels of convenience and expensive electronic engineering, easy to stash away and let you back into your car with just the press of a button, a god send when you finish a run, all wet, tired, and cold.

These days not only do these keys unlock your car but most now need to communicate with it to allow it to start as well, not something you want letting you down just when you need it most, now are they waterproof I hear you ask... well sadly not. When you go out running and the weather turns grim it’s not unusual for you and all your kit to get soaking wet. Your car key may get a bit damp, but they normally survive and continue to work fine. Sadly not always though - if you are unlucky enough to get water inside your key while out running in the rain, it can play up, leaving you out in the cold... literally!

I would love to recommend a small waterproof key holder that you could clip into your backpack, to keep your key safe and dry when out running, but sadly I can’t find one (not to fit my key anyway). If anyone out there discovers one, please let me know. But in the meantime, here’s the solution I’ve had to come up with.



You will need a small carabiner (or spring clip like the black one in the photo), a shoelace (or piece of cord), a key ring and a small plastic Ziplock bag. Here’s how to set it all up:

Tie one end of the shoelace to the spring clip/carabiner and the other to the key ring.



When you are ready to set off from your car and have locked it, clip the carabiner to the car key, put the key in the plastic bag, and zip it together just leaving a small gap for the lace to exit. Clip the key ring end on to your pack’s key clip and tuck the key away. Your key is now securely clipped to your pack and protected from the elements. Job done.



Obviously, this set-up isn’t 100% waterproof but it’s a lot better than nothing. So, there you go, not clever or exciting but it could save you a long wait for a spare key or a slow walk home.

Till next time, happy running folks.





## A short story about buying a new ultra vest By Dave Bignell

I have been lusting after a new vest for a while, going round in circles a bit, looking at different brands, knowing I'd need it to last so wanting it to be right. In the end I created a deadline by entering a race in October which had a big kit list. The Ultimate Direction SJ 3L I have been using for 5+ years was just too small for such an outing, with limited access to pockets without taking it off. So solving these points became my main requirements for the new one.

I had been keeping my eye out in the shops, looking at what other runners have got, and browsing online. Vests don't have a lot that wears out and I like the idea of recycling, so I looked at second hand gear in Facebook groups, but was also keen to try on and check the fit. So by the time I spotted Salomon vests in Ellis Brigham on Whiteladies Road, with a chance to try on and compare features, I was ready to purchase. So soon after, I became the proud owner of a new blue Salomon ADV Skin 12L in size L.

I won't give you the full spec, but here are what I appreciated most:

- Zip pockets on the front for phone, compass etc
- Good loops for holding flasks tight, and pockets which allowed them to slide in and out easily, however full other pockets were
- Multiple mahoosive stretchy pockets on the side, which expanded to fit my full bags of gels and snacks and shrunk to hold the last bits tight later on
- A big area on the back for bulky clothes, which I didn't need to get at in the end
- Plus a little pocket above that, which I could reach over my head - great for my TACH buff, cap and gloves.



What really impressed me was how stretchy the whole thing was, which meant nothing bounced around but it also wasn't so tight to rub or be uncomfortable at all. There is lots of easy adjustment in straps and clips positioning. There was one negative: a complicated routing for a bladder pipe for the shoulder strap which I'm still not sure I got right!

In conclusion, I would certainly recommend this for any long run. It's not big enough to carry overnight kit, and it's probably overkill if you're not too far from civilisation. If you want to try mine, just let me know.

If you do need less room, the SDV Skin 5L looks to be the same design, just with a smaller area on the back, so worth considering. They also do women's specific fit in this range, and in different colours too.

The next purchase I am hoping for is a pair of properly waterproof bottoms - time to start the research!





**TACH Kit**

New to TACH? Want to look the part representing TACH when you run your next event? Or perhaps you're keen to collect the full range of TACH kit, to get you through every season and even promote TACH at work with your TACH mug? Here's what's on offer. You can order any of these from Emma Pemberton, our friendly Kit Meister, by emailing [kit@tach.club](mailto:kit@tach.club). Or you can ask her when you next see her to arrange your purchase. Emma also organises a bulk order of TACH hoodies from time to time which come in a very attractive range of colours and styles for only approximately £20. If you want to be notified next time a hoodie order is happening, please do let Emma know.



**The classic T - £18**



**Summer Vest Top - £16**



**Long sleeved t-shirt - £19**



**Buff - £5**



**TACH mug - £5**





## Race Calendar

### Forthcoming races organised by local running clubs

TACH relies heavily on other local running clubs to make our races a success. A lot of promotion of TACH races happens through word of mouth, and running clubs are an essential source of positive recommendations and tips on great races to take part in locally. So while we encourage other local running clubs to spread the word about our upcoming races, we also want to promote upcoming off-road races organised by our neighbouring running clubs to reciprocate. If you know of other off-road races coming up through the year which are organised by local running clubs that we haven't listed here, please do let us know via [comms@tach.club](mailto:comms@tach.club) and we'll aim to include them in the next edition of Rough Running News.

### 2023

- 5 Nov Over the Hills, organised by Avon Valley Runners  
<https://www.avonvalleyrunners.org.uk/avr-open-races#oth>
- 12 Nov Sodbury Slog, organised by Bitton Road Runners (10 miles)  
<https://www.sodburyslog.co.uk>
- 19 Nov Bath Hilly Half and 'ultra' 10k (because it's 12.45k), organised by Team Bath Athletic Club  
<https://bathhillyhalf.org>
- 26 Nov Brent Knoll multi-terrain 6 miler, organised by Burnham on Sea Harriers  
<https://www.somersetseries.com/brent-knoll-mt>

### 2024

- 14 Jan Riverbank Rollick, organised by Thornbury Running Club (9.6 miles)  
<https://www.thornburyrunningclub.co.uk/trc-races/riverbank-rollick/>
- 4 Feb Doynton Hard Half Marathon, organised by Emersons Green Running Club (21.1k)  
<https://www.doyntonhardhalfmarathon.co.uk>
- 18 Feb Dursley Dozen, organised by Dursley Running Club (12 miles)  
<https://www.dursleyrunningclub.org.uk/races/dursley-dozen/>
- 3 March Imber Ultra, organised by Avon Valley Runners (33 miles)  
<https://imberultra.wordpress.com>
- 17 March The Big Cheese, organised by Cheddar Running Club (15 miles)  
<https://www.cheddarrunningclub.co.uk/big-cheese>



**dates tbc**

- February Ironwood Challenge, organised by Nailsea Running Club (10k)
- April Offa’s Orror, organised by Chepstow Harriers (10/20k)
- October Nightingale Nightmare, organised by Southville Running Club (10k)
- Herepath Half, organised by Taunton Running Club (13.7 miles)

**TACH race calendar**

27 April 2024	Butcombe Trail Ultra
Summer 2024	Rowberrow Romp (tbc)
Autumn 2024	Keynsham Dandy (tbc)

**TACH Championship Points**

The TACH Championship recognises TACH members who lead runs, help at events, and write articles for Rough Running News. There will be spot prizes given out quarterly to four different members (i.e. the same person can't win more than one quarterly prize) and obviously the big prize, given out on the Twelfth Night awards and party evening, for the most points in a year. The points system is as follows:

- 1 point for leading a run
- 2 points for first time leading a run
- 1 point for volunteering to help at a TACH event (marshalling, course setting, etc)
- 2 points for writing a Rough Running News article

<b>2023 TACH Championship points Q3</b>	<b>TACH members</b>
<b>5</b>	Antony Clark
<b>4</b>	Claire Harrison
<b>3</b>	Tom Farman
<b>2</b>	David Giles, Sarah Smith, Sam Edwards, Jonny Riley, Liz Little, Andy Fagg, Jamie Smith, Laura Heape, Terry Rogers, Tricia Allen, Michelle Claydon, Cathy Fagg, Gareth Lewis, Andy Fagg
<b>1</b>	Dave Roy, George Hancu, Nick Rickard, Sharon Jones, Lucien Campbell-Kemp, Neil Tague, Vikki Carter, Andy Little, Chris Smart, Jane Bennett, Stu Wallace



## General Club Information

### Leading a TACH run

Everyone is encouraged to “do their bit” and to lead runs. It's great fun introducing people to your favourite run (and pub). If you need more information, chat to the runmeisters Emily and Tom ([runmeister@tach.club](mailto:runmeister@tach.club)) or some recent run leaders in the pub, or have a look at the guide on <https://tach.club> for leading runs.

### Liftsharing groups

TACH has several liftsharing groups across Bristol to help us all to get to our club runs in a more sociable, decongesting way. Current liftsharing groups are in the following areas:

- South Bristol
- North Bristol
- East Bristol
- Long Ashton
- Cliftonwood, Clifton and Hotwells

If you'd like to join any of these liftshare groups, please do ask around when you're next on a run to find someone who belongs to one of these groups, so you can be invited to join the relevant WhatsApp group. If you'd like to set up a group in an area not listed, or there are enough people to form a smaller sub-group, please do take the initiative – these groups are all self-managing. You can contact [comms@tach.club](mailto:comms@tach.club) if you want to promote a new liftsharing group through our regular weekly emails, which can then also be added to this list for the next edition of Rough Running News.

### Next edition of Rough Running News

Copy deadline is **29 February 2024** – please send your articles to [comms@tach.club](mailto:comms@tach.club) – many thanks.

### Know your committee

**Club Captain:** George Hancu - [captain@tach.club](mailto:captain@tach.club)

**Chair:** Nick Rickard - [chair@tach.club](mailto:chair@tach.club)

**Secretary:** Hannah Tracey - [secretary@tach.club](mailto:secretary@tach.club)

**Treasurer:** Jonny Riley - [treasurer@tach.club](mailto:treasurer@tach.club)

**Webmeister:** Tom Hunt - [website@tach.club](mailto:website@tach.club)

**Race Committee Chair:** Fran Pratt - [races@tach.club](mailto:races@tach.club)

**Social Secretary:** Emma Turner - [social@tach.club](mailto:social@tach.club)

**Membership Secretary:** Martin Cott - [membership@tach.club](mailto:membership@tach.club)

**Run Meisters:** Tom Farman and Emily Griffiths - [runmeister@tach.club](mailto:runmeister@tach.club)

**Kit Meister:** Emma Pemberton - [kit@tach.club](mailto:kit@tach.club)

**Rough Running News Editor and Commsmeister:** Tricia Allen (and Sarah Smith from 2024) - [comms@tach.club](mailto:comms@tach.club)