

ROUGH RUNNING NEWS



T . A . C . H .

(TOWN AND COUNTRY HARRIERS)

See also: www.tach.org.uk

and www.gaveller.wordpress.com

and www.closetothecountryside.co.uk

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Editorial

We have a bumper edition for you this winter. Lots of race reports and training run comments to remind you of the joys of running, if the excesses of the festive period become too much.

Many thanks to all the contributors, especially first-time correspondents Cathy, with her compelling tale of overcoming injury, and new member Anna, with a report of her first race as a TACH member (in which, she modestly fails to mention, she won a prize).

You may notice that we could do with a few more photos. So, may I urge you send any race or training run photos taken in the next months to me at chris@chrissmart.orangehome.co.uk.

Race Reports

The Mourneful Tale Of The Crook Peak Cake Race

(by Jonathan)

26 August 2009

Sorry editor!... I couldn't think of much to say about the Crook Peak Cake Race. It's a great race - I'd definitely recommend it. The organiser is a great guy, who gave me a lift to the start when I arrived too late to jog up with the other runners. But, well... it's over before you know it!

I would advise anyone who has ambitions to do well to go and recce it and find the best route from the trig point on Wavering Down to the finishing ridge on Cross Plain — it's not obvious and I saw three runners follow three different paths. I don't know who picked the quickest one but I'm sure it wasn't me.

Anyway, sitting down to write up the race, my mind keeps drifting back to an immensely satisfying solo training run that I did a week earlier in the Mourne Mountains in Northern Ireland.

Our credit crunch “staycation” holiday in Helen's home town, Belfast, gave me the opportunity to do this run – something I'd fancied doing since walking in the Mournes on a previous visit.

The Mournes aren't all that high compared to other UK mountain ranges but they appear strangely spectacular as their slopes rise majestically from the sea to the highest point of Slieve Donard and a series of steep sided valleys. I had a few different routes in mind to allow for fair or foul weather so, on a rainy Wednesday morning I drove from Belfast to Newcastle. It wasn't long before I could see the mountains, or at least the lower slopes as the tops were shrouded in mist.

Part of the attraction was that the Mourne are by the sea and you can run the whole ascent from sea to summit and back in a morning. After getting kitted up in the car park of Donard Park, I jogged down to the beach and dipped a toe in the sea. The tide was helpfully high, which saved me a run across the sand. With that ritual observed I set off on the climb up through the Donard Forest following the Glen River path taking in the waterfalls and woodland scenery until the path emerged onto the open valley.

Leaving behind the, rocky and root-strewn woodland track, I was rewarded with a runnable, stone-paved path to the head of the valley. From here, the view back along the coast to Belfast should have been impressive but all I could see on that day was some rock strewn grass and a curtain of mist. A rocky section brought me to the Mourne Wall which I followed to the summit of Slieve Donard.

The Mourne Wall is an impressive, 22-mile-long stone wall that crosses the summits of 14 peaks in the range. For walkers and runners it's a mixed blessing. Although it stops you ever feeling that you are in a wild and remote place, it should make navigation fairly easy, even on a misty day like this one.

And so it proved: with visibility pretty poor I thought that following the wall and only the most well defined paths would be the safest introduction to running in the Mourne. From the Slieve Donard summit I literally turned a corner of the wall and followed it down to the Bog of Donard and a ladder stile which took me onto the Brandy Pad, an old smugglers route across the mountains. It must have been a challenging hike weighed down with contraband goods but with just a small backpack, it is a great, fun and fast-running trail, meandering around the heads of two valleys, the first of which I couldn't actually see through the mist. Away from the wall, it felt eerily remote and special. After a while I met two walkers coming the other way, local women who warned me that "if this mist turns into fog we'll all be in trouble." Better press on I thought ... In the event, the opposite happened; as I approached the second valley head, the mist lifted and I was rewarded with spectacular views; down and left to Ben Crom Reservoir, up and right to the northern peaks and ahead to Hare's Gap, a distinctively sculpted mountain pass. Approaching this, I passed a group of workmen engaged in repairing the path. As I exchanged hellos, I felt grateful for their efforts.

A period of elation was tempered by the realisation that I had two steep ascents ahead of me in order to reach the Glen River valley, down which I could retrace my steps back to Newcastle. I was once more following the Mourne Wall as it crossed the peaks of Slievenaglogh and Slieve Corragh. By the time I made it to the pointed shelter tower at the summit of Slieve Commedagh, the mist had returned and visibility was down to 15 metres but that was hardly a problem with the wall to follow. Descending from that final high point, the next ladder stile that I saw marked the point at which I should leave the wall and follow the path back down to the woods. Judging from the amount of litter, this must be the point at which many walkers give up their attempts on the peaks, apparently too exhausted to carry an empty carton or snack wrapper back down to the car park. I picked up a few of the offending items. By the time I got down to the tree line I had also picked up a survival blanket which seemed a strange item for a walker to discard.

Running the final leg through the woods, the river looked inviting. I imagined how refreshing the cold water would feel on my tired legs. The sight of a group of teenagers jumping off the rocks and splashing in the pools made it impossible to resist. Not far from the car park I found a quiet pool for myself and waded in and after dumping my bag in the car and slipping on my crocs, I went back down to the beach to complete my sea to summit run. The tide was now unhelpfully low but the Irish Sea never felt better.

So the Crook Peak Cake Race: best enjoyed after a long training run in the mountains. Visit www.mourneviews.co.uk and admire the stunning views that I didn't see that day.



Berlin, one foot in front of the other

(by Cathy)

20 September 2009

As I climbed my way into the starting pen, squeezing my way through the crush of runners to find a space to stretch and ease my limbs, I was simply glad to have got to the start. I'd started training for the Berlin Marathon with high hopes of a personal best on a fast, flat course. These hopes collapsed one Tuesday evening in July, during a pleasant, chatty jog along the Nailsea lanes, when my right knee twanged in mid-air. I limped back and retired to the sofa but rest and ice weren't enough; it took a month of regular physiotherapy, cycling and plenty of core exercises to get me running on the flat. I couldn't do hills, but flat was good enough for Berlin.

I threw myself back into training, trying to build up distance and speed at the same time. Two weeks later, after speedwork with Nailsea on the Tuesday evening, I set out for a recovery run on the Friday morning up through Iron Wood and onto Long Ashton golf course. It was too much; my right calf went into spasm. But only two days later I could walk easily so I set off for a crucial 18 mile run. I had only 5 weeks training left and I had yet to go further than 16 miles. But I didn't make it as far as the post-box. Every time I tried to push off with my right foot there was no power, only pain. I limped home again; this time convinced that Berlin was over.

The next day Andy and I set off for 10 days camping in South West France. I was not good company. I resigned myself to self-pity, food and wine. Andy however, resigned himself to a busman's holiday and packed a massage couch. Andy is a massage therapist. He teaches massage. As we sped along the autoroute he explained that there were two muscles in my calf. Under the fat, belly-shaped gastrocnemius lay the thin soleus, essential for flexing the foot when the knee is bent. On our first morning at the campsite he unpacked his couch and examined my leg. At first my soleus was so inflamed it hurt to have him touch it, but very gently, very carefully, he eased and stretched the muscle. The next day I managed 8 miles. We settled into a routine of daily massage, sunbathing, rest, and on alternate days, easy runs along the flat, sandy, wooded paths. On the last day I ran 20 miles. I couldn't run downhill, I had no speed, but I could put one foot in front of the other, over and over again. I was going to make it to Berlin.

Berlin's a great city for a marathon. The race starts in the Tiergarten, a wooded city park backed by the Brandenburg Gate and the Reichstag, monuments to the last 200 years of European history, and symbols of unity and hope after the collapse of the Berlin Wall. The streets are wide enough for the 48,000 runners, who cross the line of the wall 4 times from West to East Berlin and back again.

It was only as I stood in the starting pen, that it dawned on me that getting here was just the start. I now had to run a marathon. Then we were off, and I was swept along, crowds cheering us on our way. Every corner had a band; jazz bands, salsa and rock bands. The music carried me along and I settled down into steady 9 minute miles, one foot in front of the other.



By the 17th mile I could feel the lack of training; my body was not fully accustomed to the distance and I began to falter. As mid-day approached the shadows shrank to the edges of the streets and the crowds seemed listless. Even in late September the sun was hot and I was losing energy with every step. I walked for 60 seconds, took a long drink and talked myself back into the run. But three miles later I was flagging again. I took another short break, gulped a caffeine gel and set off running again, one foot in front of the other.

Catching sight of Andy and our sons at 21 miles, lifted my spirits. I had only 5 miles to go. Nothing more than a Weston Prom Run between me and the finish. Some runners overtook me but I ran past the walkers. I ran through the crowds at every drink station, sipping from my Camelbak and keeping going, determined not to stop unless I dropped. I lost sense of time and distance, I forgot how many kilometres there were in a marathon and couldn't make sense of where I was. I just ran, one foot in front of the other, until finally I turned into Unter den Linden, and through the Brandenburg Gate I could see the finishing arch. The Brandenburg Gate is not the end of the marathon, but it is the climax. I ran through the central arch, crowds and music all around me, the end in sight. Finally I ran on air. I ran strong and steady. I ran across the finishing line. It had taken me 4 hours, 7 minutes and 47 seconds; not a personal best but I had done my best.

It was hot and crowded after the finish. My legs that had struggled so hard to run, could not stop so suddenly. I felt dizzy but minutes later I had water, sports drink, tea and alcohol-free beer. I worked my way through the crowds, stepping over the bodies of runners recovering on the Reichstag lawn, and found a shady corner to rest and change, before hobbling off to find my family.

Lunch, a cold bath and two ibuprofen later I felt on top of the world. A few weeks ago I'd thought the race was over for me. Now it was over and I'd run it, one foot in front of the other, every step of the way.



Muddling Along

(by Ed.)

11 October 2009

The Mendip Muddle, a TACH Championship Race and a race that covers terrain that figures in our races and training runs, would generate a good TACH turnout, I thought. But it was in vain that I looked out for flashes of green and red during registration and on the way to the start. As usual, I noticed Patrick's Union Jack shorts before his TACH vest – glad to see another TACH runner at the start. Just before the off, another TACH presence made herself known when Emma, who had cycled to Charterhouse, shouted words of encouragement to Lucien and me.

It is a lovely start to the race, running down through Velvet Bottom. Last year I didn't really appreciate it, as I was trying in vain to keep Jonathan in my sights, but I made up for that omission this year. Emerging from the woods, halfway up the climb to the trig point, it was good to have further support from Emma. The murky, damp conditions obliterated the views from the top of Black Down.



At the water station just after four miles, a helpful marshal was calling out the position of each runner that passed him – 87 was duly filed away at the back of my mind. I like the next part of the race – a fast downhill, the climb to the top of Dolebury Warren and then another good downhill blast. But then you’ve got the long uphill slog, past Tynings Farm, back to the trig point, which last year proved very hard going for me – not so bad this year, thankfully.

After the trig point there are two more small climbs, the first up to the masts and the second back to the track just before the finish. I was ready for them, unlike last year, and passed a couple of runners on each one, finishing in 1hr 48:40 – over seven minutes quicker than last year and ten positions up on that which had been mentally filed at four miles. Excellent refreshments back in the Charterhouse Centre topped off a very satisfactory trip to the Mendips.



Mugging Along, Too

(by Anna)

17 October 2009

I have always enjoyed running but have previously stuck with the usual road variety. This year, finding myself getting frustrated in the evenings and feeling rather unfit I decided that joining a running group again was the way forward and so avidly scoured the internet for local groups. What a fantastic stroke of luck to have a cross-country running group on my doorstep!

The Hogwood Muggle would be my first multi-terrain, let alone cross-country, race, so I thought I would ease myself in gently and entered the “Hogweed Trotters Minor Muggle” – a short but sweet 5.5ml with 500ft of climb.

I was running slightly late (having stayed in bed reading my book a little longer than planned!) but realised with relief that I still had plenty of time from the lines of scantily-clothed, sporty-looking people jogging through the delightful village of Hawkesbury Upton in South Gloucestershire to the start line. It could not have been a more beautiful morning as the 100 or so people running, plus their family and friends, gathered in the brisk dewy sunshine.

Having let the fitter faster people enter the Mimsy (10.9mls, ~1000 ft climb) and Major (15.5mls, 1310ft climb) Muggles start first, it was soon our turn to start down the slightly slippery path through grassy fields and beyond. I think a few of my fellow runners thought I might be slightly strange as I excitedly asked them whether this was their first Muggle and told them how I’d recently joined a most excellent cross-country running club. Soon, as the path started leading us uphill, I ran out of breath to chat and just concentrated on making steady progress up a green valley before coming to the half way water station in a road lay-by at the top of a narrow gully path.

Thanks to Turtle’s excellent advice (stop trying to run up steep hills so can start running sooner when they flatten out!) I managed to overtake a few of the people I’d annoyed earlier (by chatting) and found myself leading my section of the field down over stiles and around country lanes, passing briefly through the most exquisite of Cotswold villages (no idea what the name of said village is), before staggering up a short, steep field onto a woody path.

The home stretch was upon me before I knew it and a happy reception of orange squash and a medal awaited me. Whist striding back merrily to the car it occurred to me that with fuel still in the tank, next time I would be endeavouring the Mimsy Muggle and hoping that it would be as beautiful a morning again.



No Morgue. Heroes!

(by Ed.)

24/25 October 2009

Those who read my report from last year's Original Mountain Marathon (OMM) may recall that I quoted Mark Weir's criticism that the organisers and entrants of the event had almost turned the Lakeland fells into a morgue. (This has led to Mark Weir becoming Public Enemy Number One within the OMM community). Well, even Mark Weir, with his overblown self-importance and use of excessive hyperbole (not tautology in Mark Weir's case), couldn't have criticised this year's OMM.

The 2009 event was held in the Elan Valley (mid Wales), with the Event Centre at the Royal Welsh Showground in Builth Wells. For the first time, all competitors were taken by bus to the start. This was a few miles north of Rhayader and the organisation was excellent, with the buses running spot on time.

I was competing with Andy, who I teamed up with at the last minute last year (it is mandatory to compete as a pair for safety reasons). Given last year's disaster, (my fell shoe disintegrating, that is, not the fells strewn with bodies à la Mark Weir) we decided to have another crack at completing the Long Score class. In the score classes, one is given a map littered with controls and each control has an associated points value - the harder the control is to reach, the higher the value. The objective is to score as many as possible in the allocated time, but if one over-estimates one's capabilities, the penalties are harsh – two points deducted for every minute over the assigned time.

We started our seven-hour time period for Day 1 at 08:22 – teams are started at one-minute intervals. As forecast, it was damp and windy as we set off but very mild and benign compared to last year's storm. Day 1 was a story of accurate navigation, despite the murky conditions, as we made good progress to our chosen controls. A touch of over-caution meant we decided not to drop down to a control that, with hindsight, was achievable. We approached the finish with over forty minutes remaining but calculated that we did not have time to get out and back to another control in that time.

One advantage of an early start and a shorter than expected day was that much of the overnight camp field was clear, so we opted for a spot next to the river for ease of access to water. As we put the tent up, the single, transverse pole broke in the middle, just as the next shower of rain started. A number of potential fixes proved to have pitfalls before Andy's brainwave to use a tent peg as a splint, which I lashed in place with a few sticking plasters out of my first aid kit. This proved very effective and before long we were ensconced out of the rain with the first brew on the stove. Later in the evening, after dining on cup-a-soup, couscous with tuna and flapjack with custard, a sortie through the campsite (now with 1200 tents) to the results board showed that we had finished the day 46th out of the 189 teams starting Long Score.

The OMM is always on the weekend that the clocks go back, so with that extra hour and a further hour in our sleeping bags after the 06:00 reveille, due to our late Day 2 start time, I felt well rested, having been pretty comfortable on my balloon bed. By 09:07 the weather had brightened up and we set off in good spirits. The better visibility made the navigation easier and we made good progress along our chosen route. The Day 2 time limit for Long Score is six hours and again we finished with over forty minutes in hand – this time due to a decision to take the shortest route back as Andy was feeling rough.



We were 33rd on Day 2 and ended up 36th overall, very pleased to be well within our top-50 target. In the Veterans Handicap (for teams with a combined age of over 90), we finished 6th out of 57 teams. A most enjoyable weekend.

So - why the title? My favourite Stranglers song was playing in my head as we ran to the finish and it was clear that this year there was No Morgue. And Heroes? It did feel slightly heroic running through the finish, a red kite wheeling above. But no, the real heroes are the organisers, who were subjected to much criticism last year but rebounded to stage this year's very successful event. And the numerous volunteers who give up their time to ensure the safety and efficiency of the event - like the chap I spoke to briefly at one control, who had spent the weekend of his 63rd birthday in a small tent in a sheepfold halfway up a mountain, taking the team number of all those who visited his control.



The Happy Slogger

(by Chrissie)

14 November 2009

After all the hoo-hah earlier in the year, with rumours of the Sodbury Slog not happening, it finally did on Sunday, 14 November.

On a chilly morning, I lined up with over 1,000 others for my first Slog, shivering at the race recreation area and chatting to runners from who'd travelled from Worcester, Birmingham and South Africa.

The Slog is held on Remembrance Day, so the lead-up to the race included a reading, 2 minutes of poignant silence and The Last Post played on a bugle, after which we walked along to the start and we're off ...

I managed to squash myself in somewhere towards the middle/back and we plodded out along the main road. On then through the High Street and into a high area of grassland where there was a bit of room to gauge where I was in the field of runners and try to get into a reasonable pace which I could hopefully keep up for most of the race. After leaping over tussocks and running through some squishy puddles, a retightening of shoelaces was in order and I was properly on my way.

At the first mud bath, 3 men had leapt in head first and were rolling around like mud babies. As I waded past, one of them eyed me furtively and for a split second I thought I was going to be dragged under. I slunk past and joined the line of muddy, waterlogged runners through long fields; a skinny, muddy ditch and more fields before getting in a queue for the pit of slurry, where 2 friendly mud-splattered men waited to guide people through and stop them from injuring themselves on a rock lurking under the surface.

After shivering in the queue for over 10 minutes but making some new friends, I had a nice splash about in what smelt like puréed cow poo, before hauling myself up a chicken coop ladder with the aid of a rope. Around the corner I encountered a couple of inclines, one through wood and one over field at the 5-mile marker. I was feeling fine about the prospect of only 3.5 miles to go and really enjoying the diversity of the course and the camaraderie with other runners on the way round.

At the next water stop I was herded down a short road and round the back of a building, where I did a Scooby-Doo style teeter around a sharp bend, my off-road shoes being great on the terrain they were meant for but slippery as hell on a tarmac surface. I felt I was on the home straight now and managed to pick up the pace a bit on a track, which wound its way around the back of a housing estate, where I started to hear the cheers of supporters at the end. I probably had ½ a mile to go at this point, so when I spotted the finish line around the next corner, I put the last of my energy into a sprint and completed the race with a big grin on my face, as I heard my name called over the tannoy system.



Training Runs

Lock and Weir, Hanham Abbots **13/08/09**

A summer evening at last. Sat by the river after the run to enjoy the sunset with drinks. Did my own 'river run' – out through the woods and back along the river. Went as far as Conham River Park, so did about 5 miles and survived – hurray!

Libby

Could be in the Med, having a drink by the river. Best looking barmaid so far in 2009 – I am sure that Chris would concur – the rest of you don't know what you are missing. Hope we have a few more nice Thursdays left.

Pete K

George and Dragon, Pensford **20/08/09**

A lovely evening for the Maes Knoll route. The pub has gone to pot though!

The Gaveller

Wonderful run, views and hills!

Sue

How about this for a landlady? 'You don't need a drink, do you? I'm going out for a fag.'

Turtle

Blue Flame, Nailsea **27/08/09**

Nice long run. Legs already aching from the Crook Peak Cake Race last night – was staggering by the end. Worth it though for such a great pub.

Jonathan

Pleased to be back running and had a great run. Torches next week.

Mark W

Cross House, Doynton **03/09/09**

My pack was empty, unlike the one Chris was carrying. Fantastic route tonight, including quite a lot of the Cotswold Way. I've done this leg before (leg 9) but didn't recognise it as we were running it in the opposite direction to the race. TACH is cool!

Turtle

Everything I could have hoped for when leading a run – clear sky, cool clear weather, full moon, decent turnout, great pub with Timothy Taylor Landlord. Love the views back over Bristol.

Jonathan

Up, up, up, down, down, down. Timothy Taylor. A perfect evening.

John McD

Cross Hands, Fishponds **17/09/09**

Still barny. Nice pace. Glad of a good head torch.

Luke

Variations on a theme. Well trodden paths with some new twists. All very pleasant. Pub needs to raise it's game – will not be making the short list.

Pete K

The nights are drawing in – need headtorch at the start of the run now. A canter up Purdown to clear the lungs and then a circular trot round some new alleyways. A canter along the Frome to finish. An opportunity to wet PK's head as he is the birthday boy tomorrow.

John McD

Queen's Arms, Chew Magna

15/10/09

Nine set out. Nine made it into the pub. But Ruth didn't. A conundrum!

The Gaveller

It's good to be back in the habit of TACH runs, I was due to run the Weston Prom race but muddy fields and country lanes in the drizzle proved to be far more fun.

Cathy

I thought Chris was going to take us up Dundry Hill. Was relieved when we headed for the lake, as legs still a bit weary from the Muddle. Good route, linking up various bits I had run before.

Ed.

Green Man, Kingsdown

29/10/09

We did the Flute Player from the new book. We had 14 runners and 3 extra in the pub but it was hard to talk as the pub was so full.

The Gaveller

Morally I hold the low ground, as I have not run in 6 weeks. £3.40 a pint in a student area is a bit rich – must be very bespoke organic ale.

Pete K

Rollicking good run and great company – looking forward to many more to come!

Anna

RUNNING IS GOOD. OH YES!!

Turtle

Dundry Inn

05/11/09

Excellent planning from our run list guru to be on Dundry Hill on a clear Guy Fawkes night. Running through the middle of the firework display added an extra bit of interest.

Ed.

Stunning views, Hartcliffe howlers, cowpats and hills. Wonderful!

Luke

Should've worn my off-road shoes. Pleased with my new eyeball-searing headtorch – came in handy.

Mark W

My first TACH run featured cheering crowds in the middle of a dark cow-field. How could my second run beat that? Specially arranged fireworks, of course. Please can I have a brass band next time?

Tilly

Victoria, Chock Lane

12/11/09

Good run, plenty of mud. If it was a horse race, it would have been abandoned!

Pete De B

Rebore was here in vest and shorts – but it was TACH gear. His excuse for not being a front runner was drinking with 'Batty' all day!

Tony Bishop

I think I've worked it out – TACH is a pub crawl with runs in between. Great splash along the Trym and the Avon.

Cathy & Andy

I've looked at the TACH website many times and wondered if I should turn up and give it a go. In the end, I obviously did turn up and will be doing so again!!

Newboy Pete B

Green Man News

Report From The Latest Woodwose

(by Alex Copping – Teambath AC)

After completing five previous ultra races this year including the Hong Kong Trail, the Fellsman and the TDS [France] the Green Man Challenge was the last on my list of objectives for 2009. With a 4th baby due any day, the opportunities to run were getting less and less. However, Tuesday 20th October became free and I went for it.

The weather was overcast all day, with heavy rain from 1.00pm to 4.00pm, so it was a matter of putting my head down and running steadily, glancing at my Garmin watch every hour to see the miles slowly mounting up. I had not run any of the route before or read any of the web blogs, so navigation became my main focus for the day. The community forest path signs were rather intermittent throughout the route.

I made many minor route errors and one major one where I ran into Blaise Castle estate and exited at Coombe Dingle before retracing my route back up to the Blaise Castle museum exit. I covered 51 miles in a total of 10hrs and 28mins, at least 5 miles more than the set route!

I started the trail from Keynsham and ran clockwise taking in the greener sections first. I only passed one shop on the route and that was a Londis supermarket in Henbury which came at an ideal time for me, being just over half way round. I found some of the northern sections rather too urban and wondered whether it had been every considered to take the challenge further north, passing north of Almondsbury and heading south between Frampton Cotterell and Yate. It could be turned into a 100km challenge then!

Club Championship 2009 Quarter 3

(by Rob)

The Club Championship is drawing to a close and it looks as though John will be relinquishing the trophy. As those of you who regularly update your points will be aware one runner has built up a healthy and probably uncatchable lead. I have decided not to give an update on the quarters points (to add a little mystery and drama). The final scores will be given at the 12th Night supper but I want to remind everyone that there is still a lot to play for.

There will be a draw which runners up (everyone but the new Club Champion) will be entered into for an exciting running related prize. The more points you have recorded the better your chance will be of winning the draw. Keep on filling out your points for attending Thursday night training runs, leading the group and racing. It doesn't take long. You will certainly have a better chance of winning the draw if you record everything you do.

Most of you will know that we have a new Club Captain – Chris Smart – and I am sure he will have his own ideas on how next years championship will look. If you have strong feelings on which races are targeted and what criteria makes a worthy TACH Club Champion please let him know. If you have ideas on what is valuable (or less important) please share your thoughts.

Race Results

Results for TACH Members (TC = TACH Championship Race)

| Standish Woodland Chase 10 miles 16/08/2009 - 144 finishers | | |
|---|-----------|----------|
| Name | Time | Position |
| Patrick Winstone | 1hr 17:49 | 72 |

| Crook Peak Cake Race 3 miles (TC) 26/08/2009 - 62 finishers | | |
|---|-------|----|
| Jonathan Gledson | 24:19 | 19 |

| GWR Towpath 5k 28/08/2009 - 103 finishers | | |
|---|-------|----|
| Joe Scaife | 21:33 | 55 |

| Manic Midsummer Duathlon 2 mile run, 10 mile bike, 2 mile run 02/09/2009 - 90 finishers | | |
|--|-----------|----|
| Chris Smart | 1hr 00:46 | 60 |

| Bristol Half Marathon 06/09/2009 - 10,827 finishers | | |
|---|-----------|-------|
| Peter De Boer | 1hr 35:57 | 971 |
| John McDonough | 1hr 43:19 | 1,988 |
| Chrissie Kelly | 1hr 52:23 | 3,806 |

| The Beast 13 miles 06/09/2009 - 501 finishers | | |
|---|-----------|-----|
| Patrick Winstone | 1hr 55:02 | 163 |

| Berlin Marathon 20/09/2009 35,034 finishers - 7056 women finishers | | |
|---|------------|------|
| Cathy Fagg | 4hrs 07:47 | 1902 |

| Burnham-On-Sea Half Marathon 04/10/2009 - 283 finishers | | |
|---|-----------|----|
| Patrick Winstone | 1hr 37:29 | 91 |

| Mendip Muddle 12.5 miles (TC) 11/10/2009 - 250 finishers | | |
|--|------------|-----|
| Chris Smart | 1hr 48:40 | 77 |
| Patrick Winstone | 1hr 53:33 | 109 |
| Bill Charnock | 2hrs 05:21 | 168 |

| Hogweed Mini Muggle 5.5 miles 17/10/2009 - 46 finishers | | |
|---|-------|------------------------------|
| Anna Ellams | 48:56 | 19 (3 rd lady) |

| Snowdonia Marathon 24/10/2009 - 1723 finishers | | |
|--|------------|------|
| Bronnie Dullroy | 4hrs 59:02 | 1081 |

| Original Mountain Marathon 24&25/10/2009 - Long Score - 179 finishers | | |
|---|--------------------------|----|
| Chris Smart (Day 1) | 265 points 6hr 17:41 | 46 |
| Chris Smart (Day 2) | 280 points 5hr 37:29 | 33 |
| Chris Smart (Overall) | 545 points 11hr 33:09 | 36 |

| Stroud Half Marathon 25/10/2009 - 1721 finishers | | |
|--|-----------|-----|
| Patrick Winstone | 1hr 38:14 | 332 |

| Sodbury Slog 9.5 miles (TC) 08/11/2009 - 1035 finishers | | |
|---|-----------|-----|
| Jonathan Gledson | 1hr 07:56 | 106 |
| Patrick Winstone | 1hr 21:26 | 338 |
| Cathy Fagg | 1hr 27:48 | 450 |
| Chrissie Kelly | 1hr 32:43 | 534 |

TACH Races

A GREAT BIG THANK YOU.

(by Libby)

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.

The Marshal Plan

(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!

Next year's races are likely to be: 6 May, 10 June, 8 July and 5 August.

Thanks.

A New TACH Race

Please see the following page for your entry form for the Moorland Multi-Terrain, a new race that is being organised by the Avon Riding Centre in association with Town and Country Harriers. This is a spin-off from the donation made by TACH, that has been detailed by Libby above.

As the Avon Riding Centre will be providing marshals, TACH members can run this TACH race.

And it is going to be a Championship Race, too. So get your entry in to Libby.

THE MOORLAND MULTI-TERRAIN



A 10K Community Challenge
from the Avon Riding Centre
(Kings Weston Road, Henbury, Bristol, BS10 7QT)
11am Sunday 24th January 2010

An opportunity for the two-footed to enjoy the delights of Moorgrove Wood and Lawrence Weston Moor and to contribute to an excellent charity, which enables the less mobile to enjoy exercise by riding.

This exciting new course, of approximately ten kilometres, includes short grass around Moorgrove Wood, jumps, a cantering track, woods, potentially slippery descents, rough grazing on Lawrence Weston Moor "one of the few remaining fragments of the marshes, which used to stretch all the way from Blaise to Avonmouth" - should be wet! - tarmac of the Severn Way over the M5 and under the M49, grass alongside a rhyne, a track (probably muddy and wet) under the motorways, a stretch of tarmac cycle track, rough paths back to the marsh, a grassy climb, a sharp slippery scramble and an ascent of the cantering track to the finish.

The race organised by the Avon Centre for the Disabled in association with Town and Country Harriers will be held under Trail Running Association (TRA) rules; permit applied for.

Refreshments will be available after the race, and there will be water and first aid at the finish.

Limited changing facilities - no-showers

Prize Categories: M&F 16-24, 25-39, 40-49, 50-59, 60+ Goody bags for all finishers.

Entries: £6 (£8 unaffiliated) £2 extra on the day (if race not full)

Race limit: 250. Closing date for pre-entries: 19/01/2010

Cheques made out to The Avon Riding Centre and an S.A.E. should be sent to Libby Bloor at 161 Wellington Hill West, Henleaze, Bristol BS9 4QW

Telephone Race Director for details of race on 0117 9624088 or e-mail chris_bloor@tiscali.co.uk

First Name

Date of Birth/...../.....

Surname

Age on Race Day

Address

Gender

.....

Affiliated Club.....

.....

E-mail.....

Postcode

Telephone.....

DECLARATION

I declare that I am medically fit to enter this race. Under no circumstances will I hold the organisers of the race or the owners or occupiers of the land over which the race takes place liable for any accident, loss or damage as a result of my participation in the Moorland Multiterrain. I understand that parts of this course are on paths that are not rights of way. I agree to my name being published in the pre-entries and results

Signed Date...../...../..... Entry fee

Twelfth Night

The Twelfth Night Dinner, TACH's annual extravaganza and awards evening, will be held on Saturday, 9 Jan 2010 at The Rose of Denmark in Hotwells, meeting at 7.30pm for 8.00pm.

Non-TACHers (partners, friends etc) are most welcome to join us.

If you wish to attend, or if you've got any queries, please contact Chrissie Kelly by **Sun, 13 December**.

Email: chrissieskelly@hotmail.com Tel: 07974 699031

A menu is printed below. Please provide Chrissie with your menu choices.

STARTERS

Garlic and Pepper Marinated Olives £2.95

Soup of the Day with a Doorstep of Fresh Bread £3.95

Wild Mushroom Pate with grilled Bread £3.95

B.B.Q Pork Ribs with Salad £4.55

King Prawns with Lime and Chilli Dressing & Salad £4.55

MAIN COURSES

Chicken and Pesto Salad with Sugar Snap Peas and Pine Nuts
£8.50

*Smoked Salmon Fish Cakes with Lemon & Dill Dressing, Chips
and Salad* £9.95

B.B.Q Pork Ribs with Chips and Mixed Dressed Salad £9.95

*6oz Beef or Nut Burger spiced with Cumin and Herbs served
with Chips and a Dressed Mixed Salad* £8.50

Steak and Kidney Suet Pudding with Chips and Peas £9.50

4 Cheese Tagliatelle with Roasted Mediterranean Vegetables
£8.95

Vegetarian Spaghetti Bolognese with Quorn Mince £7.95

Thai Green Curry with Chips or Rice £7.75

All the food we serve is **prepared and made** in our own kitchen; therefore some dishes may take time to arrive, we hope you enjoy the home cooked taste. Gratuities are at your discretion; however 10% will be added to tables of 8 or more.

* * *

Earlier in the day, a run will be available in order to help you to work up an appetite. I quote from the Gaveller:

The proposed run is about 30K (18.6 miles) from the Ring O'Bells in Compton Martin linking sections of the Butcombe Trail. The aim would be to keep up a pace of about 5 miles an hour, which would get us round in a bit under 4 hours. I think we should start at 9 am, which would get us back for a pint of Butcombe at about 1pm and allow time for us to recover before the evening.

Wonderful Winter Run List

| THURSDAY RUN-LIST: WINTER | | |
|---|---|---|
| TACH RUNS START at 7pm except for New Year's Eve | | |
| Don't forget your torch!! | | |
| WHEN? | WHERE? | WHY? |
| Nov. 19 th | Compton Inn, Compton Dando ST646646 Dfc 6M | Something a little bit different from the usual race route. |
| Nov. 26 th | Inn on the Green, Horfield ST597774 Dfc 3M | I guess we'll head for Purdown before deciding whether to go for cider or beer! |
| Dec 3 rd | Pump House Merchant's Road, Hotwells ST572725 Dfc 1M | Luke's Run into Leigh Woods from a regular BSD Tri meeting place |
| Dec 10 th | Avon Riding Centre Opposite Blaise car park Kingsweston Road, park in road. Meet at A.R.C. gate. Dfc 4.5M ST557786 | A chance to preview the course of the Moorland Multi-Terrain. We'll drive back into Westbury for a drink at the White Horse or somewhere better |
| Dec 17 th | Port O' Call Off top of Black Boy Hill ST573747 Dfc 1M | Turtle's Treasure Hunt/Orienteering score event. |
| Dec 24 th | Chateau Bloor 161 Wellington Hill West, Henleaze, BS9 4QW ST584772 Dfc 3M | 10K run followed by festive fayre – booze – mince pies etc |
| Dec 31 st NB 11AM | Hare on the Hill Dove Street, Kingsdown ST589740 Dfc ½M | A run through Docks and Downs before a spot of lunch at the Pub. |
| Jan 7 th | Miner's Arms Providence Lane, Long Ashton ST538706 Dfc 3M | Somebody called Chris will lead this one. Not sure which one at this stage |
| Jan 14 th | Carpenter's Arms Wick ST701729 Dfc 7M | Jonathan's run through a threatened landscape. |
| Jan 21 st | Bag O' Nails Bottom of Jacob's Wells Road ST578726 Dfc ½M | Handicap race. We haven't done one for ages. Followed by a mini-beer festival |
| Jan 28 th | The Star Bank Place, Pill. Park by the shops off the main road through Pill ST525758 Dfc 4M | Pete de Boer special. The Star is probably the best pub in Pill, but be alert for a change of venue. |
| Feb 4 th | The Wheatsheaf Corston . On A39 ST676646 Dfc 7.5M | Pete Brown's elongated hash. There may be food. |
| Feb 11 th | The Barley Mow Barton Street, St Philips ST599730 Dfc 1M | The Hell Route from "The Inner Path" – much better than its billing |
| Feb 18 th | The Fox Easter Compton ST572824 Dfc 6.5M | A Chris Smart Special – Be alert for a change of venue – it may be the Plough in Pilning instead |
| Feb 25 th | The Prince of Waterloo Winford ST540651 Dfc 6M | A celebratory run using a reinstated footpath, which was suffering from barbed wire. |
| Dfc = Distance from Centre (IE Neptune's Statue) | | |