



**Town and
Country
Harriers
(TACH)**

ROUGH RUNNING NEWS

August 2023

Letter From the Chair

It's been a great few months for TACH. We hosted lots of very happy runners with our ever-popular Butcombe Trail Ultra and Rowberrow Romp races. And there has been a plethora of red and green TACH colours both on our weekly runs and races near and far.



One thing we all need to keep an eye on is keeping our weekly runs at an inclusive pace. Possibly a result of the excitement of summer, it feels that the pace has crept up recently. Sheepdogging is one part of this and allows faster runners to have a leg stretch and extra distance. The other part is to run in a controlled manner such that the slower runners are not at the back of the pack – the goal would be for the slowest runner not to realise they were the slowest runner on that evening as they were never separated. It's not always easy to alter your natural pace but as members of TACH we all have a commitment to run as a group and help everyone else so please keep this in mind. We'll be a stronger club for it.

Before we know it, our Autumn AGM will be with us. If you are interested in helping with any of the Committee roles, then do please have a chat with any of the Committee. Time commitments don't need to be large, but they are all essential roles to keep the club functioning safely, enjoyably, and inclusively. If you have some time to help but are not sure of the roles then chat to us as well and we can see what sort of roles might suit you, and some of the roles have the opportunity for flexibility and sharing if you are better at some aspects than others.

See you on the trails.

Nick
TACH Chair

Editors' Note

Welcome to this summer edition of Rough Running News produced by Tricia and guest editor for this edition, Claire. We hope you're receiving the information you need 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 either of us out on the trails sometime, or email us at comms@tach.club.





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Upcoming TACH Adventure Runs and Races

Uphill to Wells Relay 23rd September 2023

TACH has decided once again to fully subsidise members' entries for the Uphill to Wells Relay.

For those of you that don't know much about it, this is an off-road 'hand-over' relay that follows the West Mendip Way, starting on Uphill Beach and finishing at Wells Cathedral. It has five legs and you can run one or more legs or the whole route (only as a team, with a minimum of two runners).

[More info here](#)

Please register your interest by emailing captain@tach.club



Keynsham Dandy Sunday 22nd October 2023

[Click here to book your place](#)

It's not too late for you or any of your running friends or family to sign up for the Keynsham Dandy, taking place on 22nd October this year. It's a well-loved 12.5 mile route through wonderful countryside. Starting in Keynsham, it includes the revived Compton Dandy route, complete with at least 2 streams. There are still places left, so do please spread the word!



If you haven't yet offered to help out on the day, Martin is coordinating marshals and would love to hear from you. Every TACH member is encouraged to help out at our races to make them a success, and it's great fun too. It's also a good way to pick up a few more TACH championship points!

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

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

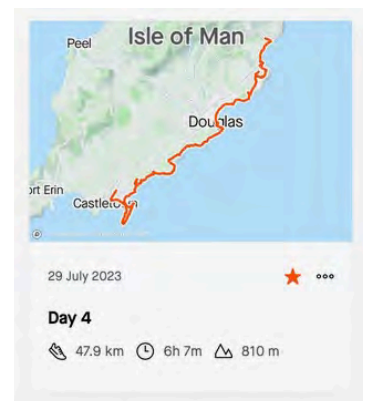
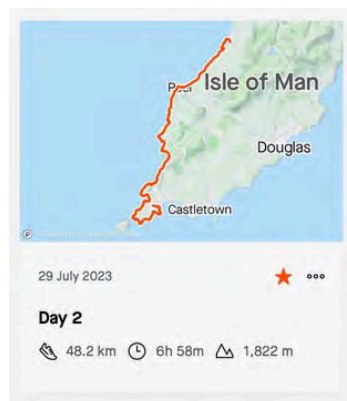
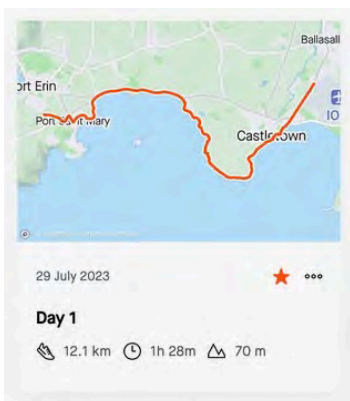
This will be inclusive, easy pace running, around 8 hours of running per day to complete about 30 miles per day. If people want to do less that's fine and there are buses and taxis available. Elevation per day is about 100m / 1900m / 900m / 800m.

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) or Fran (races@tach.club) to share travel arrangements (including sharing flight luggage allowance where possible).





Meet a TACHer

Laura Heape

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

When I returned to Bristol in 2010, I joined the Bristol triathlon club as that was the only running group I could find. TACH happened to start in the same place one evening near Leigh Woods. I saw them and thought... 'this is my pack!' Obviously, I abandoned the Triathlon club and followed the TACHers into the green beyond 😊



What led you to take up trail running?

I've always done off road running. When I started it was cross country running at my school. Luckily we had a very keen runner as a sports teacher with boundless enthusiasm. It was a girls' school. We only had a solid core of 5 girls in our cross country team as most people hated it. Runs were 2-3 miles then but faster. I vividly remember running over bobbly muddy ploughed fields with yelling parents in the background. At home I used to take myself off down country lanes and over fields.

What's your favourite distance and type of terrain?

5k-10k. I always prefer off-road.

What work do you do?

Physiotherapy – mostly with older people out in nursing homes or people's own homes.

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

I flit between books most of the time, but one book I've read bits of recently is Rest is Radical – A guide to Deep Relaxation through Yoga. Promoting the benefits of deep rest through guided meditation (Yoga Nidra) and Restorative Yoga (I call this flopping over bolsters/cushions). Consider it like taking a power nap for 20-25mins but it's more than that. Worth trying, I promise. It taps into mindfulness/meditation. P.S. you don't have to be a hippy.

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

That would probably have to be my OMM jacket. I use it just about everyday of the year. It's probably not fit for prolonged rain anymore. 'I must really buy a new jacket' I keep saying to myself.

What's your favourite thing about TACH?

The way it brings a mix of people together to enjoy being outdoors in the elements and running. The social element afterwards is really important. I never fail to feel better after a TACH evening.

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

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



1. Mud (sticky is probably my favourite, chocolate mousse mixed with cow poo least favourite)
2. Sunrises and sunsets – who doesn't love them!
3. Bluebells
4. Hills (down)...towards the cider of course :)
5. Cider
6. Hills (up) – attack it like a slightly overweight pit pony and you can't go wrong. Slow and steady
7. Marshalling – my favourite place would be on top of the Mendips
8. Cows – depends on whether I have just one in front of me or a whole frisky load of bullocks!!
9. Nettles – I get a strange kick out of nettles for some reason
10. Races
11. Getting lost (getting lost isn't always a bad thing...you might discover somewhere you haven't been before)

Race & Event Reviews

Race Stats

Fran Pratt – Race Committee Chair

TACH has a reputation in the running community for organising some of the best and most loved local races; we are frequently told that our marshals and level of support and organisation are second to none, all down to our wonderful community of runners.

We've run several very successful races in the last few months, and for those who are more statistically minded, here's some race stats:

Rowberrow Romp 10km - stats

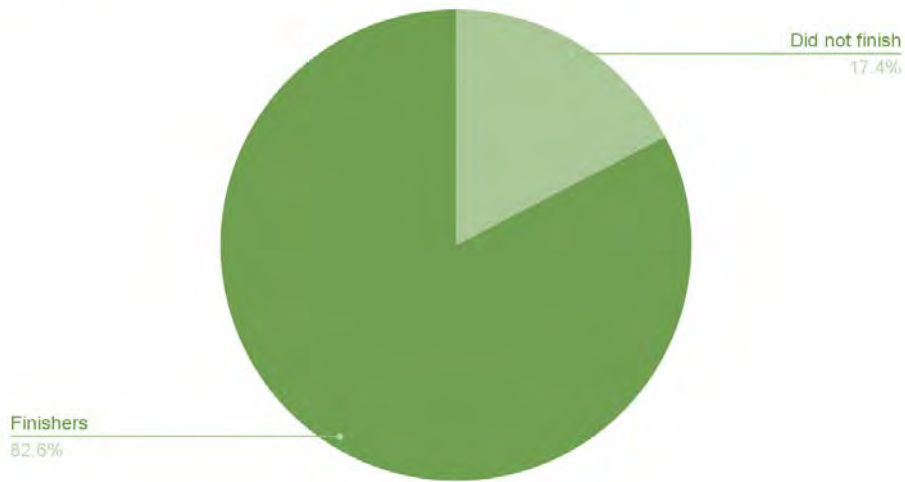
- 120 Registered Runners (100% of places filled!)
- 82 (68.3%) runners started
- 82 finishers
- Fastest time: 40 minutes 23 seconds
- Most determined runner: 1hr 49 minutes 14 seconds

Butcombe Trail Ultra 50 miles - stats

- 86 registered runners (86% of places filled)
- 17 Did not start (DNS)
- 12 Did not finish (DNF)
- 57 runners finished
- Fastest time with a course record 7hr 23 minutes
- Most determined runner: 14hr 56 minutes



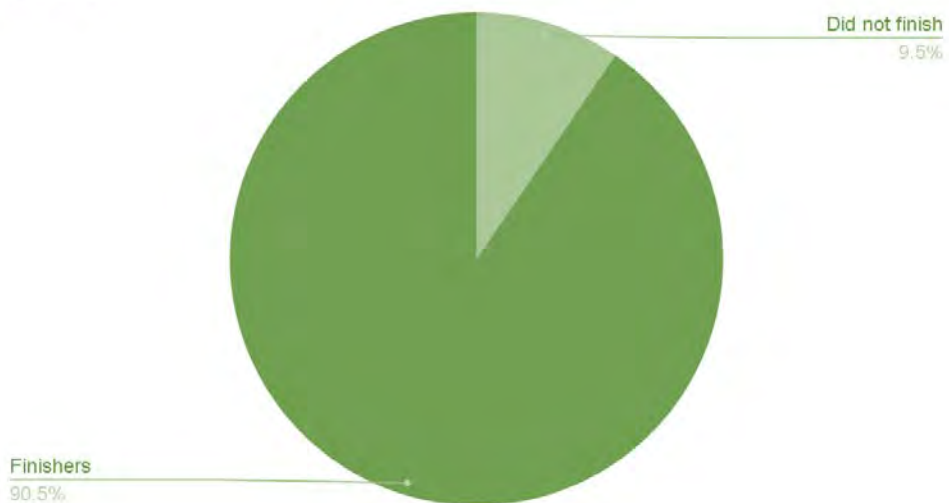
BTU 50



Butcombe Trail Ultra 56 miles- stats

- 51 registered runners (51% places filled)
- 11 Did not start (DNS)
- 4 Did not finish (DNF)
- 36 finishers
- Fastest time: 9hr 53 minutes
- Most determined runner: 15hr 40 minutes

BTU 56





Rowberrow Romp 8th June 2023

The Rowberrow Romp is a challenging 10k race in the Mendips, with plenty of mud, scenic forests, strenuous climbs, fabulous views and a thunderous descent.

The race hasn't been run for the past few years, due to a combination of Covid and land permissions not being granted, but this year we finally got to revive it.

We asked the race committee; Race Director Tom Farman, Course Setter Terry Rogers and Marshal Meister Claire Harrison, for their thoughts on what it's like to help organise a TACH race.



Give a man a megaphone... Tom Farman, Race Director

My contribution to the TACH race materials was a shiny red megaphone. I figured if I was going to be Race Director for the Rowberrow Romp, I wanted everyone to hear my race briefing and prize giving. With that purchased, what else was there to do?

I guess that sums up my naivety when it comes to putting on a trail race, even one of just 10k, diminutive by TACH standards. I imagined that there would be some logistics to arrange, but when you actually start getting down to the nitty gritty, it's amazing how many things need to be sorted. Luckily for me this wasn't our resident Race Committee Chair's first rodeo, and Fran Pratt soon brought me up to speed. The preparation, race day actions and post event to-dos were set out in granular detail in the "Rowberrow Romp Checklist 2023". Running (pun intended) to 92 line items, there was a lot to get through. To give you a flavour, numerous permits and permissions need to be applied for and granted (serious



Prizing giving: couldn't find a photo with the megaphone!

business, the race couldn't go ahead in 2022 because permission from the Forestry Commission wasn't granted), parking arrangements made (not particularly easy – we were saved by a combination of the wonderful owners of



the Old Rectory and Shipham village Hall), risk assessments written and submitted to insurers, First Aiders booked and briefed, local residents and the police informed, the list goes on. However, it was far from just me and Fran alone pulling this all together. The race team also comprised Claire Harrison who took responsibility for all things marshal related and Terry Rogers for setting and organising the course.

Working with the race team was great fun and needless to say Fran, Claire and Terry were all amazing! But we also had other assistance, without which things would have been a lot more challenging. First, Andy Fagg who is fount of all knowledge. He devised the Rowberrow Romp race, has run it many times and was incredibly generous with sharing all his experience. Secondly, Tricia Allen and Luke Merrett raised our comms and promotion to another level. Thanks in large part to

them, the race sold out! And finally, but far from least, all the TACH members who volunteered to marshal or otherwise help out on the day. Thanks to this combined effort the race was a huge success and the consistent feedback praised the lovely route, encouraging and smiley marshals and generally what a friendly and inclusive event it was.

And I think this last point sums up my first experience of Race Director, it's the people that make it. Members often comment on what a special club TACH is. There's a genuine sense of camaraderie, openness and inclusivity which is both rare and wonderful. Helping to organise the Rowberrow Romp was all of these things and more. It was a thoroughly enjoyable and positive experience and I would encourage everyone to get involved in future races, you might even get a shot on the shiny red megaphone!

Virgin Territory Terry Rogers, Course Setter

So, we are all members of a great club, and now and again that means stepping up and taking on a role to help out.

Was I scared to take on this role? YES!

When asked if I would like to course set for the Rowberrow Romp, I immediately said yes. I was very happy being asked, TACH is a friendly club and the first club I have ever been a member of, so it made me feel very accepted. However, not knowing what was involved, my initial thought was 'it can't be that difficult?' Then, I started thinking to myself 'what if all of those 120 people that had entered were sent the wrong way?' How would I





feel? What should I do? But this just made me more determined to succeed.

So, after being approached and asked about the role then came the question; 'What's your email?'

'Why do you need my email?' I'm thinking.

'Oh, it's only for the race documents.' I began worrying. Is there really that much involved in organising a race?

So, then came our first race meeting when the four of us sat down and pondered over the documents. It made me realise what lengths other members have been to in the past to make the club a success. All the red tape that I normally wouldn't consider or would turn a blind eye to, thinking it's all pointless stuff, but now I / we actually have to deal with it!

Ok, so now my eyes are wide open and I'm thinking about things more, all the if's and but's. I knew I was going to need help and advice. This mainly came from two well-known members, Andy Fagg and Fran Pratt. They may think it was only small bits of advice they gave us, but it helped me a great deal.

On our first recce of the course we found a fallen tree, and I felt the fear as Fran informed me that's it's your job to deal with it! Re-route the course if needed. How? Where? Then I began thinking; it's not so bad, we had some time before race day and I was told that the Mendip rangers would take care of this, (probably?). Thankfully this did happen.

Then it came to the people who stepped up to help me set the course, and even test the course! That was a big relief, knowing I had club members there to help when I needed it.

There was information missing from my documents, i.e. equipment, how many

course setters did I need and what time should I get there for? Again, my panicking / fears were put to rest with the help of Fran and Andy.

Before I knew it, it was race day. Nick Rickard had kindly offered the use of his van for the transportation of course equipment, another factor I hadn't thought about, thinking I would just fit this all in the back of my car (yeah right!).

Then came what proved to be a fantastic group of course setters. Was I worried about them? Yes! Did I get some doubts when they started asking me questions? Yes! It meant me doing something I hadn't done before, delegating tasks. The only thing I was thinking about was trying to give them the confidence they needed to set the course, as some were new to this area as well. Thankfully they stepped up and all used their initiative and improvised when it was needed, meaning I could breathe easier.

Then the race had finished; no one got lost, I didn't hear anyone complaining about course directions and I walked away confidently knowing that many competitors would be back next year, and hopefully I would be there with the same team of course setters as well.

To sum all of this up:

Would I recommend anyone to get involved? YES

Would I do it again? YES

Will I be afraid again next time? YES

Does it matter NO

WHY? Because I belong to TACH and it feels like a family to me. You can ask anyone for help or advice when you need it and that means a lot to me.



The Power of the Finish Line

Claire Harrison, Marshal Meister

When you find yourself feeling disheartened by the state of the world, there's no place quite like the finish line of a race.

It serves as a powerful reminder of the inherent goodness within humanity. Beyond encouraging friends and family, you'll often see a dedicated group of individuals who selflessly volunteer their time to uplift others in their pursuit of excellence. Their encouragement is the same whether the runners are aiming for their personal best or simply striving to cross that finish line. This collective support represents the best of human spirit.

That's why, for me, marshalling has always been the next best thing to running. It's a way to give back to a community that has given me so much over the years. So, when I was asked if I would be Marshal Meister for the Rowberrow Romp, I jumped at the chance.

Having never done anything like this before, I was lucky to have the support of Fran and Andy Fagg, plus a G Drive to delve into, full of advice and help from Marshal Meisters past. Alongside Race Director Tom Farman and Course Setter Terry, I felt like I was part of a strong race team and ready to get stuck in.

The role involves recruiting marshals (we needed around 35 for the Rowberrow Romp), collecting their details and preferences and organising the marshal positions so everyone gets the most out of the day. Then, on race day, the Marshal Meister is responsible for briefing the marshals and making sure all bases are covered, and most importantly making



sure everyone has their voucher for a pint afterwards.

In all honesty, the role can be a little time consuming, but so long as you set aside a little time each week it's not too bad. There are so many positives about this role; you get to know your fellow TACHers better, whether that's the race team you're working with or the lovely volunteers who sign up; you get that warm, fuzzy feeling from giving back to your club; and best of all you get to rifle through the contents of Tom Hunt's garage (it's like Aladdin's Cave).

I'm sure all those who were there on the day will agree that the Rowberrow Romp race 2023 was a very special event. We had beautiful weather and lovely feedback about how amazing our marshals are. I was so proud to be wearing TACH colours that day and of everyone who gave their time to make the race the success it was.

Congratulations and thanks to Race Director Tom for pulling off such a fantastic race!

So, who's up for it all again next year?



Cotswold Way Relay – Saturday 1st July Antony Clark

TACH entered three teams for the 2023 Cotswold Way Relay at the start of July. This is an annual ten-leg relay put on by Team Bath AC which starts at the most Northerly end of the Cotswold Way at Chipping Campden at 7am and finishes twelve hours and 102 miles later in front of Bath Abbey.

101 teams took part this year and the winners clocked in with a total time of 12hrs 6mins. TACH's three teams finished further down the field with total times between 16hrs 42 and 18hrs 38 but it's about more than the times: the race is an opportunity to get everyone in the club who races involved in completing something big; and because lift sharing is usually required, there's a chance to meet other club members and make new friends.

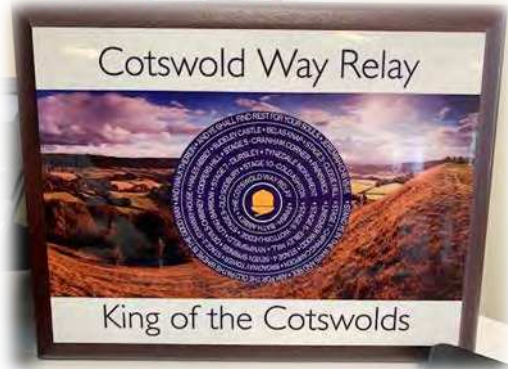
George Hancu was Captain of the three teams this year and did a great job pulling everything together. Cotswold Way newbies this year included Jenny Crouch, Lawrence Pitman, Jason Huxman, Claire Harrison, Clarence Yeung, Pavel Teklinski, and Terry Rogers.

George has asked me to thank everyone who took part and made it such a great day for the club. Special thanks go to runners who stepped in at the last minute to fill vacancies: Peter Robertson, Tim Seal, and Jason Huxman (who became a TACH member just days before the race).

The Cotswold Way Relay has been going for over thirty years and TACH has been putting in teams since 1998, the year that I joined the club. TACH was a lot smaller back then and pretty much everyone in the club had to run to fill the two teams we entered.

From 1998 onwards I ran a different leg every year (barring missed years for a broken collar bone, a stag do, and 2001's Foot and Mouth outbreak which stopped all running in the

countryside) and became a "King of The Cotswolds" when I completed all ten in 2010. I completed all ten for a second time this year and got a lovely King of the Cotswolds plaque.



Looking back there have been some changes over the twenty years I've done the race. Jan, my wife, used to also take part every year until our daughters were born in 2007. In the early days I was often a team captain too and Jan and I used to follow the race down the trail, leapfrogging with John McDonough and his family, so we could see all the TACH runners at their starts / finishes. We'd take a break and meet up for a picnic lunch on the course – normally near the top of a hill so we could cheer people up some particularly horrid ascent. In the early years the Cotswold Way national trail markings were not as good as they are now and runners would get lost en-route a lot more than they do now unless they'd reced it beforehand.

What hasn't changed over the years is the beauty of the Cotswolds and the steepness of the hills. Legs later in the day are often very hot and I admit that my favourite leg is Leg 1: although it's the earliest start and furthest away from Bristol it's a special feeling being there at the start of a whole day of running. Being so early it's a lovely cool and quiet leg too. Put me down for that leg for 2024 please George!



TACH down under

The Routeburn Track

Tricia Allen

12,000 miles is a long way to go for a 32k run. But when it's combined with a post-



pandemic trip to reconnect with family and friends, it's perhaps not such a crazy idea. Two years ago, my friend Lynda posted on Facebook that she'd just run the Routeburn Track, one of New Zealand's Great Walks. I'd taken three days to

walk the Routeburn in the Southern Alps in 2005, so naturally I thought she was nuts. But the idea had been planted in my brain, and 18 months later when I came to decide on some dates for my trip down under, I found myself googling 'running the Routeburn'. In no time at all I was hooked on the idea of following in Lynda's footsteps.

Apart from the lung-busting ascents, the hair-raising drops down to the valley floor and the steps-too-big-for-my-little-legs on the descent, probably the hardest thing about the 'Routeburn Classic' were the logistics regarding travel and gear. The run starts at 8.30am at the Divide, on the road out to Milford Sound. But there's nothing at the Divide, other than a shelter and a Routeburn Track sign. The nearest town is Te Anau, a 90-minute drive away. So, most of us started our adventure in Queenstown the afternoon before, piling onto buses to take us out to Te Anau for the night. And Queenstown to Te Anau is a 2+ hour bus ride. Thankfully I ended up sitting next to the loveliest woman on the

race, Juls, a yoga teacher from Wanaka, and in no time at all we were sharing life stories. After a night in Te Anau, we all then piled onto more buses before dawn to be driven out to the start.



The finish is just beyond Glenorchy (a tiny village), so there was another bus ride after the run to get back to Queenstown. My holiday belongings had already been split into 'stuff staying in Auckland' and 'stuff going to South Island'. Before leaving Queenstown it was split again into 'stuff I want in Queenstown afterwards' and 'everything I might need before, on and immediately after the run'. Then the remainder divided into 'drop-bag for the finish', 'overnight bag to leave on the bus before the run' and 'everything I need on the run itself'. It felt like a mission to the moon, making sure all the right items went in the correct bags, and ending up with just the right stuff to put in my running backpack.

Dozens of people with \$600 to burn had decided to cut out all the fuff of getting to the start by opting for a short helicopter ride to the Divide from Queenstown. The atmosphere at the start line, with music pumping, adrenalin flowing, and helicopters buzzing in every two minutes as the sun rose on a perfect day, was electric. I felt like I might have accidentally wandered into a James Bond set.

Before heading to New Zealand, my training had been all about the hills. The Routeburn Classic climbs 1,381m and



there was a 2.5 hour cut off at the first checkpoint at 12kms. I knew I could run 12kms in much less time than that, but if it was all uphill, could I still do it? I tried to emulate the ascent by doing loads of Nightingale Valley reps in Leigh Woods, and was pretty confident, standing on the starting line, that I could make it. Even more so after my new friend, Juls, had tracked me down and given me a huge, encouraging hug. I ended up 25 minutes ahead of the cut off, but I'd seriously underestimated how technical the course was going to be. In fact, I think I learnt the true meaning of the word 'technical' that day. I ran quite a lot of those first 12kms, but a series of Nightingales it was not. Gradually the rocks, stones, boulders, roots, and gradient slowed me to a walk. Having cleared the cut off, I knew I could just kick back and enjoy myself, which I had already been doing, to be honest. I turned back at one point to take this photo – who can seriously race when the view looks like this?



Having laboured up a steep zigzagging hill surrounded by others who were all also puffing and panting (and occasionally cursing), I eventually came to a long ridge section – 'keep your heads together up there' was the advice from the organisers at the start line. I could see why – there was a hair-raising drop to the left, and although the path was plenty wide enough, I just wasn't brave enough to run any of the ridge for fear of a false step taking me tumbling to the valley floor way, way below. I was tired and hungry by now

anyway, so I took the chance to refuel, enjoy the spectacular views, and savour the cheers and high fives on offer from the people walking in the opposite direction. Having bib number 1 (thanks to being an Allen) helped with this – everyone seemed so excited to meet number 1, even if I was right at the back of the race.

After crossing the Harris Saddle, the highest point of the track, the path descends steeply to the Routeburn Falls. I could only manage to run short sections of that descent as it was still so technical. There were times I needed to use several points of contact to lower myself over rocks. How anyone runs such terrain is beyond me.

After the Routeburn Falls, the path widens out into a lovely downhill forest path with occasional iconic kiwi swing bridges. At last, I could run safely to my heart's delight! And I did, pelting down with boundless energy, trying not to get too excited about possibly finishing in under 6 hours. One runner I passed remarked at my enthusiastic speed – not something I've ever experienced before.

At the end of this exhilarating finish, I was thrilled to be the final sub-6-hour finisher at 5:57:42. Finishing 236th out of 255 was also satisfying – I was surrounded by some very serious looking athletes at the beginning, so I was relieved not to have come last. I caught the bus back to Queenstown in time for the prize-giving event that evening, made a rough plan with Juls to hopefully meet on a South Island beach one day for another crazy running adventure, and eventually made my way back up to Auckland to thank Lynda for being my inspiration for a completely wonderful day of running down under.





The Munich Megamarsch

Ich bin jetzt offiziell Mega Michelle Claydon

At 11.30pm on Saturday 15th May, instead of being in a bar or tucked up in bed like sensible people, I was trudging through the pouring rain on a non-descript cycle path somewhere near Benediktbeuren (a town about 50km south of Munich, Germany), questioning my life choices. I was 15 minutes too late to catch the last train out of this town – goodbye last bail out option.

I was approximately 60km through the Munich Megamarsch (English = Mega March), which every year sees around 3000 people attempt to walk 100km from Munich to Mittenwald (a town in the Bavarian Alps near the Austrian border). The Megamarsch is specifically a walking challenge, with the aim being to complete the 100km in 24 hours, and the aid station timings are set to preclude serious runners. In the UK we have the Long Distance Walkers Association (LDWA), but their events are tiny and only attract serious walkers. The Megamarsch, on the other hand, is massive, commercial, and sees entrants of all varieties and fitness levels. Such things are apparently hugely popular in Germany, with many people turning up year after year to do the same challenge, and often needing more than one attempt before they manage to complete the full 100km.

So, what possessed me, as a runner, to enter such a thing? A couple of years ago I coincidentally ended up running on a late part of the Megamarsch course whilst it was taking place, and when back home looked it up on the internet.

The concept intrigued me, partly because it seemed so uniquely German and foreign, and partly because the course is very similar to my commute between Garmisch-Partenkirchen and Munich. I

thought walking “home” from the big city, seeing the mountains on the horizon gradually getting closer, would be rather romantic.



The Walchensee – where I encountered the Megamarsch in 2021

This year the event fell on a weekend when I had nothing better to do. Having got around TACH’s own BTU 56 just two weeks before, I knew I was fit enough for the distance, and I thought that walking would be easier on the body than running (wrong!).

I finally paid my entry fee on Friday afternoon and was happy to be in the latest possible start wave (14:15 Saturday). Now for the important decisions:

What to wear?
What to carry?
What to carry it in? Would I need poles? There was no kit list to help with these decisions. I was too late to book a drop bag, so everything I took on the train to Munich had to be carried back with me on foot, as well as all the food and clothing I might want along the way. My intended strategy was mostly fast walking, with a bit of jogging when it was downhill or when I



The start area



felt like it. I didn't want to carry too much weight, but would need enough clothing to stay warm walking through the night. Due to the high likelihood of heavy rain at some stage I also definitely wanted a spare pair of shoes and socks. I settled on a combination of a running pack and a 12-litre hiking rucksack, with one spare pair of shoes, two of socks, and a relatively robust waterproof. My filled rucksack/vest combo came in at about 5kg in total, which felt heavy but probably wasn't much more than I'd carry on a really long ultra. Travelling on the Munich underground to the start was a bit like travelling to the start of the London marathon in that a significant number of fellow passengers were clearly heading to the same event, except here identifiable by the stuffed rucksacks and hiking poles rather than brightly coloured running gear.

After picking up my "Wanderpass" (a passport that would get stamped when I finished, of course including pages for all of the other Megamarsches offered by the same organizer) I only had 15 minutes of hanging around in the drizzle before I could get started. People watching would be a source of constant interest during the next 8 hours. I was reassured to see many others had a spare pair of shoes attached to their rucksack, so that wasn't a ridiculous bit of overpacking on my part. Germans are notorious for always carrying an enormous rucksack with every possible home comfort and bit of survival kit, so I wasn't surprised to see a lot of people carrying a lot more than me. Far more surprising were the few people who appeared to be carrying almost nothing. One lady had just a drawstring kit bag, which looked horribly uncomfortable!

Finally, it was time for my wave to get going. I had no idea what sort of pace I should aim for, so I decided to try and stay under 10 minutes per km. I wanted to finish in the daylight and after public transport had started running, so 8am (or 17 hrs 45) seemed like a good goal. The

route promised to be fairly flat for the first 70km, approximately following the Isar river. Then came the only significant climb of the route, and from then on it would be undulating. Early on I tried to do a fair bit of jogging, knowing that I was unlikely to want to later. That wasn't so easy as I had started right at the back of a pack of 3000 walkers.

The weather was fairly nice through the afternoon, although the horizon only ever showed threatening storm clouds and not mountains.

The route was not at all technical, following gravel roads, cycle paths and quiet single-track roads, but the people watching kept me entertained and the first 35km passed fairly quickly. Going through the town of Wolfratshausen I passed a group who were blasting out cheesy Apres Ski tunes. Playing music out loud during a hike is not something I normally approve of, but this time it provided a good pick me up. Then came the only decent aid station, happily coinciding with dinner time. After fuelling up on traditional Bavarian lentil soup and sausages, I set off into the evening feeling good. Shortly after the aid station I encountered an older German man (Manfred) whose clothing and kit marked him out as a fellow ultra-runner. He



Horizon looking increasingly threatening, definitely no mountains now



Not a bad dinner... but the "wurst" was still to come!



explained he was trying out a walking event due to a long-term injury that precluded running. We walked and chatted for a few km, until I decided it was time to change my shoes and get out my headtorch. My feet had got wet at the start, and the balls of my feet were quite sore by this point. I hoped that fresh socks and more cushioned shoes would sort this out. It didn't, but nevertheless I resumed a bit of jogging in the hope of catching up with Manfred again.

Typically, the route immediately got boggy so dry feet lasted all of 10 minutes. And then it started to rain. Gently for the first hour, then heavily. I put on my waterproof jacket and gloves and decided that I was done with jogging. The next few hours were a seemingly endless trudge through cold, wet, darkness. And bits of my body increasingly started to hurt. My feet definitely had some blisters, and I also had shin pain, plus pain somewhere in the front of my hips. Neither of the latter were pains I have ever experienced before from running.

I was also hungry a lot of the time. I was eating at least as much as I would have on an equivalent length run, but I suspect the lower intensity allowed my body to process food better... and demand more of it. Unfortunately, the aid station at Benediktbeuren was rubbish, so I made do with a banana and a coffee.

By 70 km the rain had mostly stopped so I changed into my last pair of dry socks and looked forward to some hills and more interesting paths (and dared to hope for some stars). The one significant climb was pretty stiff, and on a rough path that was



The Walchensee at night. No stars yet.

agony on my sore feet. But at the top I was finally on familiar territory. I had reached the Walchensee, where I had encountered those tired walkers two years ago. In daylight it's a stunning alpine lake, but I could only imagine those views.

The route skirted the lake for a few km, before heading down (or so I thought!) to the last checkpoint in the village of Wallgau, just 10km from the end. Shortly after I left the lake shore, the clouds parted enough to see a few stars. That was a highlight, but I didn't get to see them for long as it was nearly dawn.

The route into Wallgau unexpectedly took the "panoramic" path – meaning that it completely gratuitously went up a big hill. I cursed at the time, but in hindsight it was a very nice path and by then it was light enough to see the surrounding mountains, still partly shrouded in low clouds.



Finally some mountains!

At the aid station I finally encountered Manfred again. It turns out that he had really motored through the night, driven by not wanting to put any extra layers on. I stayed with him briefly after the aid station, but then checked the train times and realised that if I did a bit of jogging I could catch the 7:25am train home and avoid a long cold wait. Boosted by food, mountain views and the strong desire to be finished, I told the pain to shut up and left Manfred behind to run for the train.



Just a TACH long run to go...

As always, the last couple of km through town seemed to go on forever. Despite the early hour and the German prohibition on making noise on Sundays, as I came in sight of the finish line I was greeted by loud enthusiastic cheering from the marshals – Dankeschön! It felt very odd to walk across the finish line, but the relief at stopping was just as great.

I had managed 103km in just under 17 hours. More importantly, I had time to get my passport stamped, collect the enormous medal, certificate and finishers'

beer (sadly alcohol-free), cheer Manfred over the line, and still make my train home.

Thankfully I had left my bicycle at Garmisch train station, because after the 20-minute ride on the rail replacement bus I couldn't walk anymore! After a long run, walking (slowly) has never been a problem. After this mega walk, all of my walking muscles were completely finished. Especially the newly discovered ones in my hips that had clearly never been used much before. I also had been correct about the terrible blisters – in completely different places than I get from running. However, (apart from the worst blister) recovery was incredibly quick with muscles and energy levels feeling back to normal after a couple of days.

Would I do something like that again? Maybe, but not without having done some specific walking training... or mixing in a lot more jogging. I definitely can't see me filling up my Megamarsch Wanderpass – this experience confirmed that I am a runner at heart. And now I know that running is the easier option.



I am now officially "Mega"





Rough Running Reflections

Life Beyond Running Cathy Fagg

I still dream about running; not the slogging along tarmac or grinding my way across a pebble beach sort of running, but the best running, striding along a ridge with my feet light on the ground, my legs strong and my breath steady, the sun on my back and the breeze in my hair.

I stopped running in December 2021, when the surgeon studied the scan of the tendons in my right foot and said, 'If you carry on running, you'll lose the ability to walk.' I wanted to prove him wrong but in the four month wait for the operation my right foot became so stiff and painful that walking a mile was a trial.

I hated Thursday evenings. I'd wave Andy and Monty off to whatever lovely pub they were going to, to meet up with friends and run through beautiful countryside. I didn't care if it was dark, cold, wet and windy. I wanted the thrill of being out on the hills while all good sensible people were stuck on their sofas. That year I wept and raged on the day of the Green Goddess; it had been my way of celebrating the solstice and rebelling against the hokum Ho-Ho-Ho of a commercial Christmas.

Now, after 15 months of rehab, I can walk, skip, jump, even jog a few paces; but there is a world of difference between doing 30 jumping jacks in the gym and running the 8,000-10,000 steps of a short TACH run. At my last appointment I pushed the consultant hard on whether a run, just a teeny-weeny social off-road run, was a realistic goal. His response, 'You may get away with it for a little while, but sooner or later your ankle will



fail, and you won't be able to walk.' If there's one thing I've learnt from this injury it's that running thousands of steps a week on damaged tendons is asking for trouble.

There is no fun in being a wannabe runner. In September 2022, six months post-op, I scrambled along the rocks to the Worm's Head and walked with poles up to the Beacon on Rhossili Down. Three weeks later I walked the Gorge of Sumaria on Crete. I enjoy walking instead of running. It gives me time to notice subtle changes in the wind and the light, the seasons and the lie of the land. With Andy, I joined the LDWA (Long Distance Walkers Association) and we celebrated the anniversary of my operation with a 24 mile walk in the Wye Valley.

Water takes me into a different element. It filters and refracts the light, distorting angles and distances so that everything looks strange. It feels colder than the air; even at the same temperature it sucks away body-warmth. Rain is nothing more



than a patter of circles on the water but the wind is magnified by the waves that slap against my face. Invisible currents push and pull me. It is a different ecosystem, with seaweed, pondweed, eels and jelly fish and I am a stranger there, out of my depth. Front crawl is not a sociable stroke, so I'm grateful to my TACH swimming buddies for sharing such beautiful swims with me.

I realised that I missed the lung-busting, thigh-burning pain of running. More accurately, I missed the subsequent surge of endocannabinoids. So I joined a gym and found a personal trainer. I lift weights and push myself with HIIT - High Intensity Interval Training. It balances my muscles and strengthens my core, giving me the strength to walk further and swim faster.

Maybe I should have done some when I was a runner.

I don't call myself a runner anymore. I'm lucky. I've had some fantastic runs with TACH friends across wonderful landscapes - the Lakes, the Cotswolds, the Mendips, the Forest of Dean and the Cornish, Devon and Welsh coastlines. I'm still part of the running community but as a supporter. I enjoy marshaling, and I love cheering in my fellow TACH runners. I take pride in seeing new people find their off-road running feet in the welcoming environment that everyone in TACH has created over the years. Above all I care for what running, walking and swimming have taught me; that we are just one part of a complex and beautiful ecosystem that we need to nurture. That is the life beyond running.

A Mid-summerish Night's Run Gareth Lewis

On the Friday night of the week with the longest day (or shortest night) I took to my traditional night run. One of the few good things that came out of that dark era that started in 2020 when events got cancelled. Over the years I have favoured a section of the Green Man route but have generally drifted to my old stomping ground of the Malverns. For those that have not been, I can recommend it, it's a stunning ridge line running north to south, about 1 ¼ hours by car from Bristol.

After extracting myself from the comfort of the sofa at home I was on the M5 being pulled to the start, music was provided by an unexpected turn to radio 1 where the joys of a pumping bass from the

Glastonbury coverage was providing the stimulus. As the peaks of the Malverns came into view there were dark clouds above, almost rain clouds, but this couldn't be correct as the forecast depicted a dry night with a light breeze, perfect running conditions. However, as I arrived in the residential street to park, the





heavens opened and the thoughts of why I was doing this popped into my head, but I reassured myself that I didn't need the entire night to run out and back, so as long as I started before 23:00 that would be fine. Many of you may be thinking starting a run at 23.00 is not right, and I would agree. I'm definitely a morning runner and being out whilst people are still in their slumber is the norm, but I patiently waited for what I hoped was just a heavy shower to pass.

The summer rain eased, and I ventured out into the refreshed Malvern air. Laden with my vest and enough refreshments to last many, many days I ventured off and as with all good routes it started with a steep incline. I passed the only souls I would see for the entire route dressed in sodden t-shirts out walking their dog at dusk; clearly misinterpreting the forecast too. The route was starting in the north, and I tackled the route from the comfortably named End Hill, coming over the saddle between North and Table Hills to be greeted by a colony of bunnies (yes as a grown man I do naturally call the mammals this, as opposed to the more acceptable, rabbits). The hills seem to come alive with animals of all shapes and sizes at night when no other soul is about these furry mammals being in the largest numbers, closely followed by bats, owls, foxes, sheep, cows and insects (but more of this to come later) and a token frog. It is amazing what your headtorch beam picks up on a summer's night. On reaching the wide tracks leading to the mecca of Worcestershire Beacon a light was visible on top and I wondered who else could be up in here; a runner, someone camping or those in their younger years downing a chilled cider? But alas, after staggering to the top to inspect the trig point no-one was there and there was no light in the distance to see their trail either. On top of the Beacon is the

perfect spot to balance being outside with the familiarity of distant streetlights from the local Malvern villages to my old hometown of Worcester.

A quick photo opportunity and I was heading down to Wyche cutting, which was on the Iron Age salt route. Taking the steps up I was quickly once again on the track veering on the right side looking over Ledbury and along this stretch passing Pinnacle Hill. There were unexpected visitors when descending close to longer grass, insects, uncertain what they truly were, but it was enough to need to dim my trusty headtorch to stop them gravitating towards me in such large numbers! One of the many great things about running shortly after dusk on a clear night is that you can still view aspects of your route ahead, and as I started the slow gentle descent towards the Malvern Hills Hotel I could see the ramparts of the Herefordshire Beacon in the distance.

Once across the carpark in front of the hotel I took the popular route up the steps through the ramparts to the top of the Beacon, again taking an opportunity to admire the view whilst catching some well entered recovery at 00:15 am. Once on the Beacon, mentally it was halfway on the ridgeline, although the latter hills of lesser height are steeper and the footpaths narrow. I descended the Beacon again via multiple flights of steps until reaching the direction stone where I followed the route to Millennium Hill, to the left of the cave on the lower slopes. Although familiar with the Malverns, for some reason I hit an area which I call the Bermuda Triangle on the lower slopes, again, but eventually found the right track that runs round the top of Gullet Wood and the junction that leads to the obelisk. It was on this section of the route



through the woods that I saw what I can only assume were foxes at night, but I did see a pair of staring orange eyes which must have been a small Gruffalo!



As I climbed the aptly named Midsummer Hill

my insect friends were out in force, and I had to rely on the lowest setting of my headtorch so I could get through what seemed to be a cloud of them. These lower peaks have much steeper, sharper climbs and the descent to the next road crossing was full of ankle-twisting tree roots, not great at any time, but especially not at 01:30. Safely down, I was on one of the only few sections of road as I left Herefordshire and went through no man's land before passing the welcome to Worcestershire sign. A quick right and I was back on another track up to Ragged Stone Hill.

I initially was introduced to this section of the hills a few years back when undertaking the Malvern Marathon with the LDWA in sweltering temperatures, a great place with great views sparsely attended to by the tourist walkers that head to the more well-known peaks. The drawback is again that it has a sharp descent, but my newly purchased poles provided much needed stability. On reaching the base I was met with a table sale outside the rear of one of the cottages, in previous years it was selling jars of honey and eggs, but times must be hard as this evening it was bric-a-brac but the security light was a unwelcome touch as it illuminated the whole driveway as I approached their wares.

Hitting the lane, I passed through Whiteleaved Oak, which is the intersection of all three counties, Herefordshire, Worcestershire and Gloucestershire before

ascending the last peak known as Chase End Hill. A great relief to hit at the last peak before a refreshment stop and heading back. Call me lazy, but at 02:00 the desire to cover the peaks again wanes so I interspersed the return leg with some tracks back to the Herefordshire Beacon and the route around the lake before hitting the carpark in front of the Malvern Hills Hotel.

Although my vest was laden with refreshments, I took the opportunity to collect the bottle of water I dropped off when driving to the start and rummaged through my vest to have that joyous feeling when you put your hand in a pocket to find one of your gels has split, oh great. A gel stop later and I was enroute, doing the section back to the Wyche Cutting and the steps.

Once over the road a warmth of achievement set in that I was on the final stretch, with clear, starry skies providing the nocturnal views over the countryside as I headed back up to the Worcestershire Beacon for one last time before following the route down the switchbacks to the sleepy residential world but not before the morning chorus of Chiff Chaffs, Blackbirds and Wrens (identification via the Merlin Bird App!) reaffirmed what a great night was had with a stunning sunrise.

For those unfamiliar to night running, I definitely recommend a sprinkling in everyone's calendar, especially when combined with the Malverns - maybe a future TACH outing??





TACH Discounts

As a member of TACH you're entitled to the following discounts, simply mention the club when making your purchase in store:

10% at Up and Running

10% at Moti

10% at Easy Runner

10% at Ellis Brigham

Charlotte Arter is offering TACH members 10% discount on sports massages!

CHARLOTTE ARTER SPORTS MASSAGE

**Bsc (Hons) Sport Conditioning, Rehabilitation
and Massage
SPS Diploma in Sports Massage (Level 4)
Great Britain athlete**

10% discount for TACH club members!

30 minute massage treatment ~~£30~~ £27

60 minute massage treatment ~~£50~~ £45

Contact

07555273016

charlottearter@hotmail.co.uk

Bristol, BS5



TACH Top Tips

Andy Grant shares some top tips for how to avoid some common trail running pitfalls.

1. Avoiding running with a washing machine on your back

We have all run next to someone like this at some time or other, they have a hydration bladder full of water and air on their back sloshing about and making a row like one of Hotpoint's finest on the rinse cycle. Easy solved this one, as it's just the result of air stuck in the top of the bladder, before the start of your run stand with your hydration pack on your back and full of water ready to go, now bend over and touch your toes, the bladder will now be upside down and all the air in it will have risen up to where the tube attaches to the bladder. All you need to do now is suck excess air out through the bite valve, when you can no longer suck anything out then air is all gone. Stand back up and you now have an air free bladder, no air means no space for the water to slosh about, now you are free to go and enjoy a slosh free run.



Hydration pack yoga, is this a thing now?

2. Avoiding the journey-home crusty face of doom

Haven't we all suffered this at some point? You have done a long run or a race and are on the long drive home, you're tired and your eyes are stinging from where the sweat has run into them during your run, so now you have to endure the long drive back with stinging eyes and a face more crushed in salt than Captain Birds Eye's underpants (nice 70s advert reference for the kids there). If only there was a simple solution involving 3 things, you probably already own, hang on, you mean like...

Two flannels and a thermos flask?

Yes, it's an easy one this, fill the flask with hand-hot water from the tap (health and safety alert – from the hot tap NOT the kettle!) and take it with you, along with your two flannels. When you are getting changed after your run, back at the car, tip the Lukewarm water on one flannel and give your face a good old going over, especially round the eyes, now just dry your face off with the other one and you're good to go (home). Ok, your eyes may still sting a little but trust me you will feel 100% better for a good scrub up of the old boat race.



Two flannels and a thermos flask yesterday. (A Foster's flannel! I know, how 80's am I)



3. Avoiding the sharp gravel or freezing floor

Ground/squidgy mud treatment for your fragile post-run feet. You know this one, when you finish a run, your feet are usually hammered, they could be cold and wet, sweaty, softened up or just plain old beat up. You know you must change your shoes to go back home in the car, this now must be done balancing with all your weight on one foot, standing painfully on one or more of the afore mentioned nasty surfaces.

The good news is some of us may have a solution to this ordeal already in our possession, remember kids' swimming lessons/galas, sitting for hours on a uncomfortable wooden seat while the humid mist of warm water and chlorine in the air worked its magic on your eyes, for me, the memory of the bad back and blood shot eyes is slowly fading away but the question for you is do you still have one of those swimming floats under the stairs? You know, made of nice, soft insulating foam, light weight just big enough to stand on and fit in a Tesco carrier bag if they get muddy. See where this is going yet? Yes, that float could be your saviour here, put the float on the ground while getting changed and it will feel soft and warm under your feet, no matter what the ground is like underneath, then if it gets muddy you just pop it in a Tesco carrier bag to stash it in the boot before going home. Don't have an old swimming float? No problem, a garden kneeling pad will be just as good, or you could treat your feet to a new posh memory foam kneeler at just £7.98 from Screw Fix. Trust me, which ever you choose your feet will thank you for it.



Worse than standing on bits of sharp Lego



Better than a relaxing foot massage

That's it on the top tip front for this month, next month, handy advice on how we can achieve world peace in these troubled times... and maybe a review of some Sox.

Do you have a product recommendation you'd like to share with your 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 31st October

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

comms@tach.club



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. 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 word of our upcoming races, your friendly RRN editors thought it would be a good idea also to promote upcoming off-road races organised by our neighbouring running clubs. 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 and we'll aim to include them in the next edition of RRN.

2023/24

- October Nightingale Nightmare, organised by Southville Running Club (10k)
- 29th October Herepath Half, organised by Taunton Running Club (13.7 miles)
- 5 Nov Over the Hills, organised by Avon Valley Runners
- 12 Nov Sodbury Slog, organised by Bitton Road Runners (10 miles)
<https://www.sodburyslog.co.uk>
- 14 Jan '24 Riverbank Rollick, organised by Thornbury Running Club (9.6 miles)
<https://www.thornburyrunningclub.co.uk/trc-races/riverbank-rollick/>
- 4th Feb 24 Doynton Hard Half Marathon, organised by Emersons Green Running Club (21.1k)
- 3rd March 24 Imber Ultra, organised by Avon Valley Runners (33 miles)

2024 dates tbc

- February Ironwood Challenge, organised by Nailsea Running Club (10k)
- March The Big Cheese, organised by Cheddar Running Club (15 miles)
- April Offa's Orror, organised by Chepstow Harriers (10/20k)

TACH race calendar
<https://tach.club/#races>

22 nd October 2023	Keynsham Dandy
27th April 2024	Butcombe Trail Ultra



TACH Championship points, Q2 August 2023

George Hancu, TACH Captain

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 an open or a pod 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

2023 TACH Championship points Q2	TACH members
6	Liz Little and Fran Pratt (who was also last Q's winner) Liz Little wins a spot prize for Q2 2023!
5	Sharon Jones, Andy Grant
4	Tom Farman, Phil Boler, Sarah Smith, Dan Kirby, Tricia Allen
3	Luke Merrett, Terry Rogers, Andy Fagg, Martin Cott, Andy Little, Tom Hunt, Antony Clark, Jonathan Riley, Cathy Fagg
2	Jeremy Hutchinson, Hannah Tracey, Ivan Batchelor, David Giles, Jim Batty, Will Harris, Pawel Baranowski, Graham Sleightholme, Andy Simmons, Jonathan Gledson, Emma Pemberton, Laura Spencer, Dave Bignell, Natasha Breen, Emily Griffiths, Richard Giddings, George Hancu, Helen King
1	Tom Lawson, Paul Coppen, Kate Milsom, Jim Plunkett-Cole, Emma Turner, Mark Alston, Joe Hussey, Michelle Claydon, Matt Claydon, Jenny Crouch, Nick Rickard, Judith Chubb Whittle, Simon Whittle, Una Miles, Jamie Smith, Alexis Wiseman, Claire Harrison, Paul Merry, Martin Bull, Lawrence Pitman, Sam Edwards, Ross Parker, Lucien Campbell, Kemp, Richard Breakspear, Jack Blanchard, Ian Kilgarriff, Gemma LH, Pavel Teklinski, Dave Roy, Dave Braidley, George Miller, Clarence Yeung, Laura Heape, Luke Taylor



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) or some recent run leaders in the pub, or have a look at the guide for leading runs (https://tach.club/files/tach_lead_attend_runs_Sep22.pdf).

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 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 31st October 2023 – please send your articles to comms@tach.club – many thanks.

Know your committee

Club Captain: George Hancu - captain@tach.club

Chair: Nick Rickard - chair@tach.club

Secretary: Hannah Tracey - secretary@tach.club

Treasurer: Jonny Riley - treasurer@tach.club

Webmeister: Tom Hunt - website@tach.club

Race Committee Chair: Fran Pratt - races@tach.club

Social Secretary: Emma Turner - social@tach.club

Membership Secretary: Martin Cott - membership@tach.club

Run Meisters: Tom Farman and Emily Griffiths - runmeister@tach.club

Kit Meister: Emma Pemberton - kit@tach.club

Rough Running News Editor and Commsmeister: Tricia Allen - comms@tach.club