



ROUGH RUNNING NEWS

March 2024

Letter From the Chair

After a fabulous 2023 and a superb Twelfth Night Awards evening, 2024 is already speeding along and the mornings and evenings are getting tantalisingly lighter, beckoning us out for a run. And, as always, I'm looking forward to pubs and trails, old and new, through the variety of Thursday night runs you all put on for us.



With a full four TACH-organised races in the calendar this year, I hope we can all muck in to make them a success and keep the high standard we are famed for. The Committee and I are incredibly grateful.

If you haven't yet got your summer 2024 wardrobe sorted then Kitmeister has everything you need to show off our TACH colours. It's always great to see them on event photos and holiday snaps.

Stay awesome.

Nick
TACH Chair

Editors' Note



Sarah

Welcome to the first Rough Running News of 2024 – and my first as co-editor with Tricia (I felt in very safe hands). It's been a joy to read all the inspiring stories that were submitted – what an amazing bunch of runners you are. I hope you love reading them just as much as I did.

Do let us know if you have any suggestions for how to improve TACH communications – speak to us on a run, or email

comms@tach.com



Tricia



Contents

- **Meet a TACHer**
Paweł Baranowski
- **Race and Event Reviews**
Twelfth Night - TACH award winners for 2023
The Arc of Attrition, by Emila Turif, Jenny Crouch and Natasha Breen
Running the Lyke Wake Walk, by Richard Breakspear
Brecon Fan Dance, by Gareth Lewis
- **Rough Running Reflections**
Stats corner - the Green Man, by Sarah Smith
- **Upcoming TACH Runs and Events**
Butcombe Trail Ultra
Gordano Round social
TACH Isle of Man Coast Path Adventure
Bob Graham Round
Cotswold Way Relay
Snowdonia (Eryri) weekend away
- **TACH Top Tips**
'Grant us Wisdom' – Running with poles, by Andy Grant
- **TACH Discounts**
- **TACH Kit**
- **Race Calendar**
- **TACH Championship Points**
- **General Club Information**

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

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

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

Why not write about it for Rough Running News!

Next edition copy deadline is **30 June 2024**

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

comms@tach.club

Thank you 😊



Meet a TACHer

Paweł Baranowski

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

My first encounter with TACH was during Rok the Stones 2017, I then ran the Butcombe Trail Ultra the same year and was so impressed with the friendliness of TACH's members that I joined the club shortly afterwards.

What led you to take up trail running?

Views. And serenity of the countryside. There are not many ultra races on the road so trail it is! Also trail runners are much nicer than the road running folk.

What's your favourite distance and type of terrain?

Frankly I just like running, anywhere, but I do have a soft spot for Brecon Beacons (or Bannau Brycheiniog). 50 mile races are my favourite ultra distance – not too crazy but at the same time challenging and long enough to be a proper adventure.

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

My Garmin. I do love all the stats, numbers, targets and insights into my athletic performance.

What work do you do?

I am an IT Operations Engineer at NHS Blood and Transplant. Alongside my team I am responsible for keeping the lights green on servers and network equipment all around the country so all blood donations can be safely processed and organs can find their way from donors to recipients. Fun fact – NHSBT site in Filton is the biggest blood processing facility in Europe!

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

Hyperion series by Dan Simmons. I found it interesting as it mixed different well known sci-fi elements into a unique blend of fresh ideas. It consists of four rather thick books, but the twist at the end is well worth it. Flying trees, time travel, space battles – it would make for a cracking TV series!

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

How about a run along the Europe's coastline? Because coastal paths are the best.

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

Enjoy the views!

What's your favourite thing about TACH?

Friendly, non-competitive atmosphere.





Race and Event Reviews

TACH Annual Award Winners for 2023

On Saturday 6 January 2024, TACH's popular annual Twelfth Night party took place at Redland Green Tennis Club. One of the highlights of our annual party is the awards ceremony. Award winners for 2023 are featured here. Could this be you next year?



TACH Championship Award – Fran Pratt

Fran collected the most championship points during 2023. Championship points are collected through run leading, marshalling, and writing Rough Running News articles.

Captain George Hancu keeps the tally for championship points throughout the year. The tally for 2023 can be found on page 27.

Green Man Award – Tom Hunt

The Green Man Award recognises contributions to the club. It often recognises someone who has worked behind the scenes to make our runs and races great – a real unsung hero.

Tom won the most votes from TACH members for the Green Man Award in 2023. This was in recognition of his huge contribution to running the club.



Graham Bazley Award – Terry Rogers

The Graham Bazley Award, in memory of a much-loved TACH member and former Chair of the club who sadly passed away in 2019, recognises someone who has encouraged participation – a TACH member who is persistently cheerful and has motivated, helped, or encouraged other TACHers during the year.

Terry Rogers won the most votes from TACH members for the Graham Bazley Award in 2023, for his great encouragement and support of other runners.



The award is a shepherd's crook, a crucial tool when sheepdogging (although there are rumours that it also doubles as a pointy stick to encourage runners to keep putting one foot in front of the other...)



Three TACH women completed the 100-mile Arc of Attrition in January. Read about their experiences in the “Arc-ticles” below.



Emila Turif's Arc story

They say always start with why. Why would you want to run 100 miles, non-stop on the most rugged, wind-blasted, ankle-twisting trail in UK? In January. The answer for each of us on the start line in Coverack on 26 January was different. For me, it was about doing something special in the year of my 40th birthday. Something that scared me to the bones but that would show me that, at 40, I am the best version of myself that I have ever been – mentally and physically. But, to achieve this goal, something had to change for me – and that scared me even more – a long term commitment to a goal. Not something I am usually good at.

I am an average runner. Not fast, not particularly fit, a social type. Always choosing a chat over a specific pace and a good view over the number of miles. I am not one to follow training plans – I too soon sabotage my brain and body and resent the whole thing. Before I decided to sign up, I had never run 100 miles or even 100k. I do not have a lot of time in the week, I take a long time to recover post long runs, I follow a strict vegan diet.

The journey to the start is the hardest part

I finished the 104 mile race in 31 hours 20 minutes without a single blister on my feet and with a huge smile on my face. Whatever I did to prep, it worked for me. My strategy was to focus on the things I know I can do and that will keep my mind motivated and my body in good shape. I did not train with a “miles in the week regime” and did not stress about it too much, but I always tried to do at least one hilly, long run a week (+20 miles or 5-6hrs or 1000m+ elevation). The things that made the most difference to me apart from miles covered:



Planning the year ahead – I worked out in advance when I needed to do my longest runs, planned holidays and family time around running, planned for places with plenty of hills and ideally on the coast path, planned physio and personal training days.

Make it fun – that was key – I went to places I have not been before, joined fun runs with friends, stopped for pictures and impromptu dips in the water that looked appealing.

Know the terrain – I went to the coast path a lot. Cornwall is a long way away from home so practising on Exmoor coast was more feasible. I ran Arc 50 in 2023, supported my husband in his under-30 hour Arc 100 attempt in 2022, we hiked the route in all weathers.

Build the strength – I hate gyms! But this was something I committed to, weekly strength sessions with a personal trainer, Dan. I have just about forgiven him for making me do all those single leg bridges and glute exercises that did wonders for my balance and stability on the rocky and muddy route.

Get to love the dark – You are likely to run around 17 hours of the Arc in the dark. I embraced night walks with the dog and runs with a torch; I practised overnight runs, including the Green Man route in November.

Keep the body in order – I had monthly physio sessions and after-run “rolling” became my painful routine. I got into the cold water whenever I could.

Build the kit for any weather – If you are unlucky with the weather, the Arc can be a miserable affair, so good waterproof kit and experience in running in bad weather is essential (alongside prayers to the BBC weather app). Not sure if I needed five pairs of gloves though!

Get support crew – although you can run and finish unsupported – and hats off to those that do – you will increase your chances with an experienced crew on the route. I am super lucky that my husband Jarek and my dog Sawa were there when I needed them most – 5am at Cape Cornwall, exposed headland with a beautiful lighthouse, the only time I got into the car and immediately wanted to fall asleep when Jarek reminded me that I could not go to sleep as it hadn't even been 24 hours since the start and I could go to sleep at the next step if I still feel like it, while pushing me gently out of the car. Tough love will take you a long way.

Race Day

100-mile race reports are always good to read, but the Arc of Attrition has a legendary status among them all. Why is that?

The race follows the South West Coast Path from Coverack to Porthtowan through the most exposed and wild parts of the coast including Lizard Point, Land's End and Zennor. It has approximately 5000m elevation. Its 36-hour cut-off is dreaded by average runners like me. Most of the race will take place in the dark. There are only four official checkpoints, although you can support crew.

You will be told, once you get to final checkpoint in St Ives, 80 miles in, that you will finish, but you won't be told that the last 20 miles is also the longest and most painful journey



through your inner self. You will be supported and cheered by incredible volunteers (Arc Angels).

It can rain a lot; it will definitely be windy, but if the sun comes out, you will feel like one of life's winners. You will see an incredible sunset and sunrise and the stars will twinkle brightly above your head. You will get all the coves and beaches mixed up, no matter how well you know the route. You will look at your watch every 50 metres, you will despair that St Ives is still not round the next corner.

You will cry, you will laugh, you will swear, you will be emotional, you will change. It will be a journey of a lifetime. It will hurt; it will hurt a lot in parts of your body that you did not think could hurt.

You will see incredible things; you will imagine things (although the huge, blow-up dinosaur at Land's End was real!). It will be dark for a long time, you will be comforted by the dotted red lights ahead of you and the beams from torches behind, you will get spooked by shadows. You will chat to friends you already know from practice races, and you will make new friends for life.

You will be nauseous, hungry, thirsty, bursting, all at the same time.

You will love your crew for being there at 5am and caring for you, you will hate them for telling you to keep going at mile 90. You will think about giving up 1000 times and it will all be over in a blink of an eye.

You will get to the finish or DNF. And when you do, you will hug race organisers and be hooked by Arc of Attrition stories on Facebook for weeks to come.

You will be part of the Arc family now, admire and share the stories with people who finished 2nd (incredible - Jenny Crouch) and those who finished with the largest blisters on both feet (tough, Natasha Breen) and you will all want to do it all again next year.

Race registration opened on 1/03/24 – what are you waiting for?





Jenny Crouch's Arc story

Navigation for the Arc is simple – follow the acorn signs for the national trail, keep the sea on your left. Sounds easy but there are many tiny turnings that are easy to miss, even following gpx, and they get everyone! There are four main, indoor checkpoints with hot food, physios, medics etc, and the race directors encourage you to take a crew. Most of the course is really runnable as it's on a national trail that's well walked and well maintained. As a general rule the first half is muddy (south coast) and the second half more rocky (north coast). The hills are short and some are sharp but they're over quickly! The atmosphere is something special and I'm already trying to find ways to get back down next year.

Overall, my race went pretty perfectly. This was my first 100 miler, and I wanted to do it right (i.e. not go out too fast and blow up like I usually do). I got a coach (invaluable), did all my training (nothing mega, 30-40 miles a week with a couple of peak weeks around 50-60), and I thought about Arc everyday for many months (and spoke about it to anyone who'd listen, sorry but thanks all). The main things that I've changed up are eating regularly (every 25 mins) and not racing from the start (cool and calm, stay patient!). Eating, it turns out, is easy. For the last few months I've eaten on every run over an hour, I have a nutrition alert on my watch so it beeps and I eat. Generally the snacks are the same in training as I plan to race with. A mistake I've made in the past was thinking I'll just eat at the checkpoint - but always when I get there I don't want anything. I find it overwhelming to look at a table full of food, basically decision fatigue (it could be a table of my favourite food and I wouldn't want any of it). It's much easier to know that I've got what I need on me, and I've just got to make my way through it. Learning to be patient is more difficult and takes a lot of telling myself to back off, slow down, calm down, but so far it's working.

My goal was to finish - although I dreamt of a perfect sub-24 hour race, I planned and packed my food for 26 hours and took enough emergency snacks for at least 29 hours. The plan was to go off at the front for the first few miles to avoid the queues, but settle back down to my own pace, let everyone go, do all the smart things to get to St Ives (79 miles in) in one piece and then the race could begin from there.

I was very lucky to have Lawrence and my dad crewing me. I spent months beforehand warning them it was going to be a long night and I would at some point get grumpy (but would not appreciate any tough love at any point). I had 10 crew spots planned, packed up my snacks for each section labelled in ziplock bags, and I went through the plan with them countless times. I don't think I can put into words how much it meant to have them there. Fellow TACHers Tash and Emila were also racing the Arc and we reunited before the start. We were bussed to the start then had a 1hr30 wait, thankfully in sunshine! I'm so glad Tash and Emila were there. They kept up the positive reinforcements - we were super strong and we were going to get this done.

Leg 1 - Coverack to Porthleven - this was the only leg of the race I hadn't recce'd. It's quite hilly and it's really beautiful scenery. Probably the most fun running, not boring but not really technical. Within three miles or so I slowed to my own pace, slow and steady but my heart rate was high and stomach uneasy. There were so many people and that was stressing me out. 100 miles suddenly seemed too hard and too far and I didn't think I could do it. Most of this leg I just tried to stay calm. I thought of Tash and Emila - no way would they quit. That kept me going. I saw my crew a couple of times, whinged at Lawrence when he told me the



loos were open but failed to mention the ladies was shut (we learned to always fully scope out the loos before the runner arrives). Just before Porthleven you run across Looe bar, so I stopped at the checkpoint in Porthleven to empty the sand out of my shoes (do the smart things, play the long game).

Leg 2 - Porthleven to Penzance - This leg is easy running and has a nice 6ish mile stretch of road around Penzance. Now I was a quarter of the way in, and on trail I had recce'd, I thought ok I could do that three more times. I put on my headtorch early but played the "how long can I leave it before I turn the light on" game. It got dark, everyone spread out a bit more and I had a few miles by myself. That's when I really started to settle in and cheer up. I saw Jarek at the top of Marazion, and he cheered so much I felt like all of TACH was there. That was a real highlight. My mood totally lifted, I was moving well and enjoying going at my own pace. Food started to taste weird before mile 30, everything went down and I kept eating ok, it just became a game of "what do I not want to eat the least". My crew noticed I was happier, and I noticed they were giving me (I thought) a lot more positive feedback. When I saw them the first time in the dark (at Praa Sands) I changed to a dry, slightly warmer top (I went from long sleeve merino/yak wool top to a short sleeve version and a 1/4 zip long sleeve).

Leg 3 - Penzance to Land's End - This was my favourite leg from the recces, it gets muddy and there's some scrambling on the rocks around Lamorna. It's fun. Plenty of running, plenty of muddy/rocky bits I didn't run because I didn't want to risk twisting an ankle, but mostly felt like I was moving really well and enjoying it. The views were pretty beautiful in the daylight around the lizard on leg 1 and they got even better in the dark on this section - the full moon was incredible and it lit up the whole ocean. I started having caffeine gels every couple of hours from 9pm, so the caffeine would kick in around when I usually go to bed.

Leg 4 - Land's End to St Ives - although the first half of this leg is quite nice, plenty runnable, the second half after Pendeen lighthouse is "the toughest section of the coast path". Pendeen was where it got slow, and I was getting sleepy. Lawrence and I had recce'd the 14 mile Pendeen-St Ives section in a storm, in daylight, at a super easy pace in about 4hrs - in the race, in the dark, I took 4 hours 38 mins. I actually hadn't looked at that split until writing this and I thought it was going to be much longer! Certainly felt it. It was hard to get a good stretch of running in, lots of stop start over rocky sections which in daylight feels so much easier and fun, at nighttime 70 odd miles in it was very much a trudge. Just kept moving forward. My crew met me halfway through this section, around 6am at Zennor. I was hoping they'd have a chair and blanket for a little nap... no such luck, but it gave me such a burst of energy just to see them and I trotted away with my soft flask of Coca Cola. I think this was one of the great choices I made for this race - we had a 1.5L bottle of flat coke, which my crew put in my smaller 250ml soft flask and every time I saw them before this I would just take a few sips then hand it back. At Zennor I took it with me and my crew refilled it each time I saw them. Easy calories, a bit of caffeine, usually I resort to coke at aid stations in dire circumstances only, but now I see why it's such a trail staple! In my memory of the recce, it gets easier from Zennor... but it didn't really. There were some slightly longer runnable stretches, but still lots of stop start with wet rocks that weren't worth running over. St Ives took a long time to come around the corner, but the sun was rising and I did then have a couple of miles with some people which was good (probably the longest stretch I ran with anyone for, in the first half everyone ran too fast for me and I let them go, in the second half it was the other way round). We finally rounded the corner to St Ives with an amazing pink sunrise behind it, and I thought hey if I had managed sub-24



pace then I wouldn't have had this view. My coach had told me "when the sun comes up you'll wake up", and she was totally right! It was a particular blessing that it came up just as I got to the runnable stuff, but my tiredness and bleary eyes just disappeared.

Leg 5 - St Ives to Porthtowan - The last 20 miles aren't technical, they're not super muddy, it's road, dunes, and mostly manicured trail with some fun steps, super runnable if you still have legs. Each official checkpoint is just off the coast path and a volunteer (arc angel) will run with you to the checkpoint. All lovely, but St Ives was extra special as he waved me off telling me I was second woman. I knew I was doing well but didn't know just how well - by not stopping at checkpoints (only at a couple to go to the loo), I'd leapfrogged and not even known it. So far I'd followed the plan and now I was exactly where I wanted to be. I could start racing. It was a mile from the checkpoint to my crew at Carbis Bay, and they had the chair and the blanket ready for a nap. Of course I didn't need a nap anymore. We'd always planned to change my shoes here, from my Nnormal Tomirs (amazing grip and perfect fit, ideal for the first 80 miles) to my Salomon Pulsar Trail Pro 2s (wider toe box, less grip, made for fast running) and a thicker pair of socks. Saw my mega blisters but they settled straight into the wider shoes and didn't give me any pain. Lawrence told me that third woman was getting faster and only a mile behind, so I kept running. I knew I could keep moving well now and I felt like I'd paced it just right. So long as I ran as much as possible and only walked what others would definitely walk (steps and the real hills) I thought I'd be ok. There's a few miles of road after Carbis Bay that felt like a shuffle but looking back I made good pace there. I ran through the dunes, slowed down massively by the sand but I knew it would slow everyone else down too. My coach had told me "everyone will be hurting" and from about halfway that was clear, honestly in the last 20 miles that helped me a lot! I met my crew again at Godrevy, only 11 miles left and this was my favourite bit. The north cliffs are lush to run on, everything loosened up and I felt like I was properly running again. At Portreath, four miles to go, dad and Lawrence gave me one last gel and waved me on telling me to just enjoy because I had it, there was no way I'd be caught. I didn't rush from there, enjoyed the nice quiet coast path whilst it was just me on it. My favourite miles of this race were definitely the ones I spent alone. Crossing the finish was surreal.

After I finished, I had my portrait taken then went straight to show the lovely medic my toes (mega blood blisters). They were admired by all! I was advised to just leave them as it would be better to just let them dry up as popping introduces risk of infection. Two weeks on and I've been pain free, the blisters stopped me from doing anything crazy too soon after (for fear of bursting) but they have dried up seemingly fine! I was looked after by a host of angels at the finish with cups of tea and snacks, but I was keen to get back to Lawrence and my dad and all of my stuff! For my last couple of races I've had really good quick recovery and I put that down to eating more throughout the race, but also post race I get a protein shake and a bottle of electrolyte in asap, get into clean dry clothes, and eat, eat, eat.

Arc was my focus for many months and it was fun to put everything into it. It took me a couple of days to be able to say I really enjoyed it. The first 30 miles were a mental battle (which I'm not used to so soon into a race but I think is quite normal at the beginning of a 100) and that hung over me. Looking back, there were no mega lows but there were so many highs. I'm really happy that I stuck to the plan, raced smart and stayed in control. I want to go back in a couple of years and have a crack at sub-24, stronger and wiser, but currently planning some different races for 2024/2025. At the time of writing this my race calendar is empty, I'm keen to run Butcombe 56 again to compare to last year and find a new focus later in the year.



Natasha Breen's ARC story

I'd deferred from the ARC in 2022 as I'd lost my mojo, due to the menopause, lost speed and then lost my dad. In the summer of 2023 I started my training. I pushed the elevation I was doing but felt pretty disheartened as I didn't see a great improvement in my running. I also managed to get injured doing the most silly things – a kettle bell lunge resulted in a groin strain – and I went into the ARC feeling a little underprepared, but full of hope that I might be able to get round and make the cut-offs.



So many things hindered a smooth start. Two days before the start, I woke with the sorest throat and had to take painkillers. The week before, feeling anxious, I checked and rechecked my kit and an impulse ebay purchase saw me buy a hand-held gpx device – not great, learning to use it at the last minute but luckily there are some fabulous people in TACH and Andy Grant set it up for me with great maps. Before we set off for Cornwall, my husband Billy broke his toe, making driving a problem. My other support crew, my sister, had a family emergency and Phil had a sick pet but, bless him, he travelled all the way to Cornwall on the train to drive my car around and drive us home after.

On the day, I headed to the end of the ARC to get a coach to the start to meet the other strong brave Tach ladies, Jenny and Emila, and we also joined up with some other ladies – a feat in itself as women are really under-represented in the ARC (only 40 of us in the 100 miler). Loads of excited chat ensued on the way to the start. A nervous wee at the beginning, then some shared biscuits given to us by a fellow runner. The race announcement then came on and we were told we were running the toughest 100 miler in England, brilliant (not)!! It was almost tribal as music played with heavy drums and then we were off in the most dramatic ceremony I'd experienced – flares were set off and we ran through the smoke. It was a beautiful sunny day, we were very blessed and I was particularly blessed as I had on my TACH short-sleeved tee-shirt – the perfect temperature for a hot, menopausal woman. It had been so cold leading up to the race, I'd only packed long sleeves: first lesson learned – prepare for all weather. I was advised to get to the front of the pack, so I didn't get held up in the bottlenecks at the beginning, but I stayed back as I didn't want to hold anyone up or go off too fast. The first 25 miles turned out to be a series of bottlenecks but the perfect pace to run and chat to people who had come from all over the place to compete.

It was a beautiful day with the beautiful Cornish coastline to admire. I was met at various points by my wonderful support crew where I replenished my bottles with coke, coconut water and water. I decided to take salt tablets when I remembered, two every hour, and it was the best decision I made. I'm sure that's why my recovery was so brilliant. I took on all the food and drink offered but I was sweating and didn't wee for 40 miles. I was still anxious about not finishing and kept looking for reassurance in people who had done it before: was the pace ok? Would I make the checkpoint?

The first section has some steep climbs, rocky sections and some bog where I got wet feet. We also crossed Loe Bar beach where I was grateful for my gaiters as it was a hard packed beach that went on forever but made easier by a beautiful sunset. The light began to fade



and I was met by an ARC angel and led to Porthleven checkpoint, 25 miles in – one and three-quarter hours ahead of the cut-off. The checkpoint was amazing, with the best selection of hot and cold food (I settled on a sausage sandwich) and the best hospitality from the volunteers, who couldn't do enough and had regular check-ins to see that we were ok.

I set off with my head torch on to face the night. I chatted to people and the hours ticked by. A great thing is that everyone wears a red light on their backs so you've always got someone up ahead to follow. We then got to Marazion where I'd been told to change my shoes as it was 8 miles of road, but I felt that my Salomon Wildcross would fare well as they had some good cushioning. I saw my support crew for the last time as they are off to bed, have some cuddles and some welcome drinks and brace myself for the long night ahead. A few miles from Penzance I met another runner who was in a really negative place – she told me that she was never going to make it, she was sweating due to the menopause and she felt sick. I told her that she could do it and that she should eat at the checkpoint and would be fine. I got to Penzance and had a boost seeing some old running friends, Baz and Caz. I got a high and realised that I'm 40 miles in and two hours ahead of the cut-off. Into the checkpoint for some salty chips and a bagful of snacks for the night ahead. I convinced myself that I'd dropped my pole glove down the toilet and spend far too much time worrying about it, my first toilet stop.

I head out the checkpoint to Mousehole where the road finally finishes and we are back on the trails, there are some muddy sections and thigh-deep slurry where I later find a friend got fully submerged, yuk!!! There is also the most bizarre section of trees that cover the path where we have to bend low to get through. I meet a lovely guy who has mutual friends and tells me about his incredible race adventures. I reach Lamora and it's then a case of climbing rocks with, at times, no visible path; a few wrong turns lead to dead ends and it's a case of re-tracing my steps. I realise I've managed to snap the end off my pole, I think it got caught in a rock. There is a steep drop to the sea below.

I then reach St Loy's cove and have to jump cautiously from boulder to boulder. Some more steep climbs follow, a good excuse to walk. Interesting conversations ensue, one with a guy who's a child protection barrister. Running breaks down so many barriers and you meet people who you would never meet in everyday life. I then lose another guy – I think I disappointed him when we see a bay and I say its Porthcurno as it says 50 miles on my watch, but it's not for another couple of miles (I blame earlier detours off the path for checkpoints).

We reach beautiful Porthcurno in total darkness, apart from a wonderful moon, and climb the steepest steps with the help of metal rails, a necessity to pull yourself up. I see an ARC angel at the Minack Theatre, grab a drink and push towards Land's End. I see it in the distance but getting there seems to take forever. Such a relief to arrive – 65 miles and 2 hours and 11 minutes before cut-off. I have the most wonderful chilli, read some messages of support, which give me such a boost – many runners are getting their feet seen to or feeling sick or looking shattered.

I leave and have some difficulty navigating to get away from Land's End. I meet a Chinese girl and I remembers an observation from my sister at the start of the race, about taking part in a sport dominated by white middle-aged men. We chatted but couldn't reach a conclusion as to why this is.



I head out again and run into Sennen where I'm met by Billy and Phil. I panic as I lose sight of a group of guys I was running with and realise that I didn't need them to disturb their sleep to come out in the night. After asking someone on the Land's End checkpoint, I'm assured that it's only a few miles from Zennor to St Ives, so I tell the support I will see them in St Ives – I realise later that this is a mistake since it's at least 6 miles from Zennor. I wish people only answered if they were sure and I know now not to rely on anyone else for information as this also happened at the Minack. I leave Billy and Phil after a pep talk and carrying a doughnut. I bump into the lady I met earlier who was saying she wouldn't make it and this time she starts telling me we won't make the cut-offs. I reassure her that we will, but I've been running for 70+ miles and doubt slips in. I take this doubt and share it with someone else, who reassures me, but another guy worries like me.

By this time there are rocks in the ground and it's hard to get a good run on. The birds begin to sing, my torch dies so I use my phone as the sun must be due to come up now. The sun finally rises and we are at Pendeen and the section that has been built up by everyone as being the toughest bit of the course as it has rocky granite outcrops. It's not as bad as it's been made out, but blisters start to form on my feet. I run with a lovely girl but she takes me about 1 mile up a hill the wrong way, my own fault for not navigating myself. We come down the hill and bump into the lady with cut-off-time doubts, oh dear. I run on and chat to a bloke who starts going on about how shit this is, how it's all the same and he loves the mountains. I felt like saying, "I'm not being funny but you signed up to a costal 100 miler, what did you expect?" – another person I need to shake off. We then reached a steep climb up to Zennor and I'm gutted my crew are not there. The stretch from Zennor goes on forever and we see last year's winner who says it's only 2 miles when it was double. I feel elated to meet an ARC angel who takes us to the check point: he was full of positivity and fills me with hope. Yet again, there is a feast of the most gorgeous stew and soup but one of the staff talks to me forever which is hard on the brain at 80 plus miles. My feet are sore but for some mad reason I decide that they are too disgusting to show the medic – I lost a few toenails in another race.

I see friends who say I should get my feet sorted but I think, it's only 20 miles left. I go to leave and my crew meet me dressed as animals!!! The best crew ever! A boost for the journey ahead which turns out to be the worst ever. I meet a runner from Holland who had been unable to train for three months as he dropped a 30kg weight on his toe, ouch! Incredible runner -15oc spine and loads of alpine ultras and a shared recent loss of a dad. I can now barely walk as my blisters seem to be bursting and my sole feels like it's coming away from my foot. I lose him as I stop to meet my support crew and instead end up walking with a man who looks like the living dead and again puts pressure on me about another cut-off and is negative about any topic I bring up.

I enter the sand dunes which are a relief as they are soft underfoot. I'm grateful for the light as there are big stones that mark the route. I need warm clothes as the weather seems to change; it starts to rain and I begin to get cold. I see Billy and Phil and they tell me they will meet me at the next carpark with the kit. I realise later they have gone to the wrong carpark and have missed me. Luckily, a kind stranger, mountain rescue, wraps me in the biggest sleeping bag and sits me down and I lose the negative guy I met, phew.

Billy arrives and I get my gloves, torch and extra layers on and realise I have 11 hours to get the last 20 miles done. I'm now 10 miles from the end. I'm overtaken by 100s of runners as I



can barely walk: Every step is painful. There are some awful climbs, called the bitches, and bastard steps. I meet a runner in a worse state than me and start to encourage him, telling him how amazing he is: this moves him along a bit. I head out into the dark and down a hill and my watch hits 100 miles. I don't want to DNF. I think about a runner I met, Ronnie Stratton, with an incredible story. He had a stroke in his 30s and thought he'd never walk again, but he's just completed the Spine. Another runner comes and encourages me and I force myself down the hill which seems to rip my soles away from my feet.

I then reach the horrific Sallys Bottom, which appears to go on forever. I stop again and meet a true angel, Carrie; she's doing the 50 and is a regular volunteer at the ARC. I tell her not to waste her race on me but she insists on staying and talks me through every stage of that which comes. My torch runs out on the final hill and she gives me hers as I've lost the ability to go in my bag or manage any normal task. She holds me as I wobble up the final hill – and I mean hill, which I nearly slip off a few times. When we reach the finish she pushes me forward telling me, “this is your moment”. No ego; just a wonderful woman helping another woman. I shuffle to the end, grateful to have finished but worried about getting my socks off. I'm incredibly proud to have finished, to have not given up when the pain was horrific, no regrets. It was also very humbling to finish so low down the results, but I had one goal and that was to finish (but I wonder how much better I could have done without my foot issues).

Billy sees my feet and says he would have taken me to A&E if he had known what I was going through: my feet are a mess. I shower and pass out in bed. The next day my feet are in bits – trench foot – but my body feels really ok, something I credit to salt tablets and good nutrition. I message friends and tell them to never consider the race. I'm glad I do – as the week goes on the rose-tinted glasses come out and I think it wasn't that bad. But never again for me, never!!!!





Running the Lyke Wake Walk, by Richard Breakspear

In mid-September 2023 I spent a week up in Yorkshire, running the Three Peaks (Y3P) at the start of the week and, later in the week, the 'Lyke Wake Walk' (LWW). This trail is about 68km long with 1,500m elevation. The route extends eastwards starting at Osmotherley, where the North York Moors rise from Teesdale, to Ravenscar on the North Sea Coast, and is described as "[remembering]s the many corpses carried over the moors on old coffin routes and the ancient burial mounds encountered on the way; the name derives from a lyke, the corpse and the wake – watching over the deceased." Completers receive 'condolences' on their passing (more about this on the website <https://lykewake.org/>), suffice to say it's a bit of a Yorkshire Green Man, male completers are Dirgers, female are Witches, and some of the walking/running 'passings.'



Richard at the start

Having run the Y3P in heavy rain, and then having had to evacuate the Horton-in-Ribblesdale campsite due to rainfall, the weather on the LWW run day was beautiful! The route starts by running west*, uphill obviously, before linking into the Cleveland** Way and turning eastwards (picking up the Wainwright Coast to Coast). After ups and downs over multiple ridges, the route joins a flatter old mineral line to The Lion at Blakey pub, followed by a very short section of minor road until one of the more well-known monuments, 'Fat Betty', who requires an offering. Offering placed, the route picks up the more moorland section path. At this point, lucky Coast to Coast walkers take some easier trails towards Grosmont and steam trains. Not sure why, as here the fun starts! If you're paying attention, Garmin will say "42km left, straight ahead for 41.7km turn right"... inspiring. There follows 30km or so of very soft alternating heathery/liquid peat bog with a few white painted stone markers, and the odd MOD establishment (Fylingdales 'cheese grater') with strict signage, an odd hum and vague mobile phone coverage.



Fat Betty seems pleased with the offering of a fake mars bar

Eventually the east coast hinterland is reached, and roads/fields reappear before you sweep around and down into Ravenscar via a few ore tumuli. Ravenscar was a planned Victorian resort that never got built, possibly due to the lack of decent beach and vertiginous cliffs between. The route ends near the village, but you can drop down to the beach to drop the stone collected from the start (I remembered to do this unlike on the C2C a few years ago!) and admire the hundred odd honking seals at sunset.



Sunset at Ravenscar

Recommended! There are road crossing points at discrete distances for support to provide extra food/water. Sadly no pub at the end though.

* do check the gpx first to pick up this little 'west, north, then east' quirk rather than overly keenly/flustered-ly just starting off eastwards, before having to run back after 1km, having realised, and not wanting to run the whole thing with this start error.

** knifeland – a reference to the jagged ironstone hill crests.



Brecon Fan Dance by Gareth Lewis

It was mid-January that I found myself on the side on the A470 at 7am. It was the fan dance, not a typical trail event, but one I thought would kick off the running year nicely. As I collected my number at the registration tent, I noticed a large percentage of camouflaged attire. If I wasn't aware this was the fan dance, where else would you have an ex-SAS speaker at the briefing! They advised naturally the weather conditions would be worse on the top and they mentioned it would be windy, which I shrugged off. We moved onto Storey Arms for the start, with some taking advantage of photos by the famous telephone box and after a weight check of rucksacks, and we were off.



The first half of the approach up to Corn Du was steady with the wind beginning to kick up, releasing every now and again participants' rucksack covers issued at registration. Underfoot it was icy which made the small descent to the stream more interesting whilst trying to stay upright. As we headed up to the top, the wind gusts increased, exceeding 50 miles an hour and with a pack, the wind made the final climb almost a crawl at times, being blown off balance on several instances. It was a great relief when finally reaching the top of Corn Du, at least it was flat for a moment, although I lost my hat though to a gust!

Now fully acquainted with the elements, it was a short run over to the top of Pen Y Fan where the organisers managed to source a tent able to withstand the conditions at the check points, before heading down Jacobs Ladder to the base of Cribyn. The path circumvented Cribyn and with a mixture of rocks, ice and slush in equal measure, the path never really allowed a real rhythm. The gully was impassable, so the trail took a route through long grass, hiding the swamp beneath. The final out section was familiar and allowed, with a degree of ice, a steady pace to the midway check point to replenish. The temperature must have increased marginally as the ice was noticeable less on the return, which was appreciated as the legs were beginning to think of the comforts of the National Trust carpark. Again, the return check point was soon ticked off prior to wrapping around Cribyn to the base of Jacobs Ladder while the weather conditions were worsening. The visibility was now reduced due to the descending mist which shielded us for the true elevation of Pen Y Fan. The combination of wind and tiredness forced the need to continually rest on the poles, if only there was a view I could use as an excuse! A photographer casually sitting midway up Jacobs Ladder snapped away - Jacobs Ladder had never felt so tough. At the top of Pen Y Fan, the checkpoint marshals could hardly hear me shouting my number as the wind howled around.

From the top we descended down the tourist track up, which I was so happy to see. A helper was nestled in the verge, as if it were a spring day with no care for conditions, checking how we were on the final route. Running in boots down the track seemed more challenging and alas there were a steady stream of trainer-bearing Sunday strollers who were heading up for views! At the base we waded through the stream and up to the final gate to the car park finish. It was a fantastic event, the conditions definitely made it type 2 fun, but before arriving home I'd already accepted I would return in 2025 with the knowledge of what the conditions could be.





Rough Running Reflections

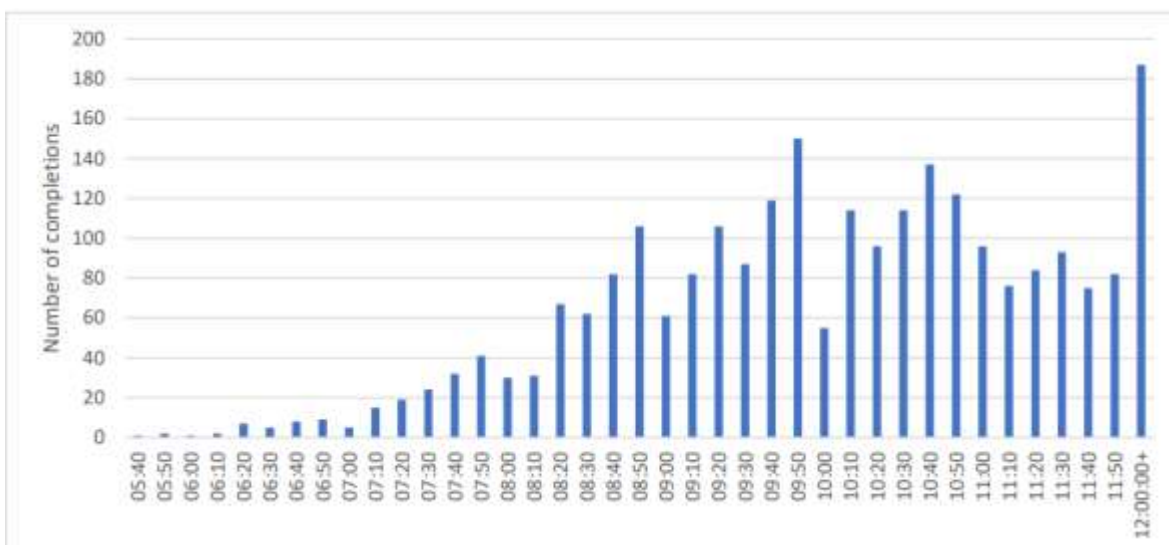
Stats corner – the Green Man

The Green Man Challenge, instituted by the legendary Chris Bloor, is to complete the 45-mile Community Forest Path around Bristol between dawn and dusk. Anyone who completes the challenge is recorded in the “Book of Woodwose” (sadly an excel spreadsheet rather than a leather-bound tome). March, the month of the Winter Green Man, seems a good time to take a look in the book and crunch some of the numbers.

Going back to 2007, the Book of Woodwose records that by the end of 2023 the challenge has been completed 2,485 times by 1,642 people. Eight people, including our very own Nick Rickard, have done the loop at least ten times (the maximum number of loops done by one runner is an astonishing 22). 2019 was “peak Green Man” with 305 completions. COVID affected numbers in 2020 and 2021, wiping out the Summer and Winter races respectively. Although numbers recovered in 2022 (263 completions, the third highest annual number of all time), 2023 was a relatively low year with only 185 completions. Hopefully 2024 will see numbers bouncing back.

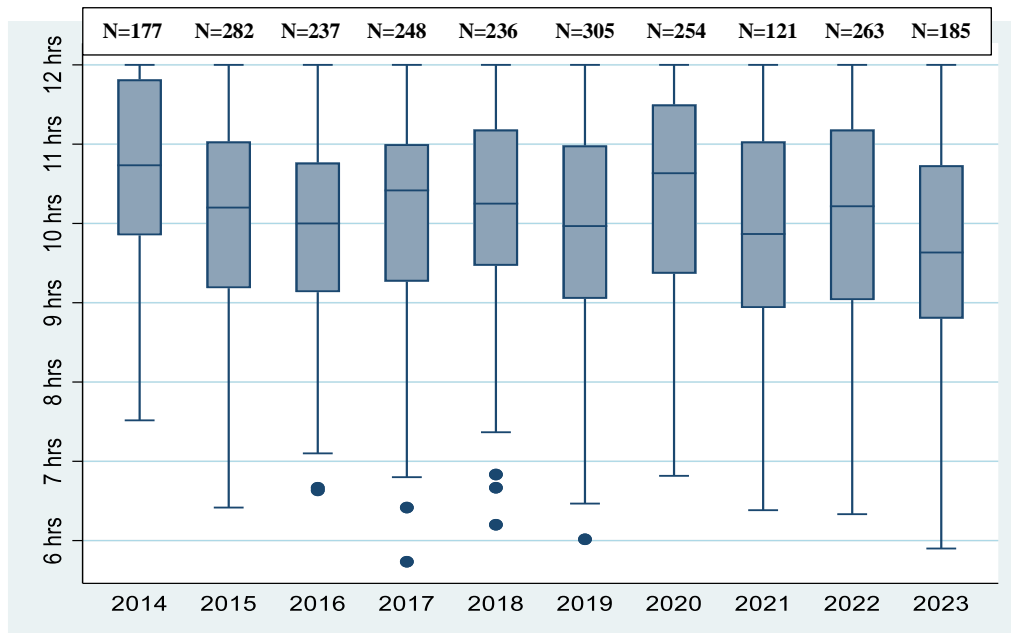
The current record is 5 hours 44 minutes, set back in 2017. The typical (median) completion time is 10 hours 13 minutes. Peak finish time is around 9 hours 50 minutes, helped no doubt by the 10-hour time lord in the Winter and Summer races. 2023 was a particularly fast year – a year that saw both the second fastest ever recorded time (5 hours 55 minutes) and the lowest typical (median) time of any year (9 hours 38 minutes) – the relatively dry conditions for the 2023 Winter Green Man race no doubt helped.

Distribution of completion times (includes Winter and Summer race finishes and other, known completions). The record is 5 hours 44 minutes. The typical (median) time is 10 hrs 13 mins.





Box and Whisker plot of the distribution of completion times, by year. The “box” spans the inter-quartile range (i.e., the 25th percentile to 75th percentile); the line in the middle of the box is the median. The “whiskers” are set to be a maximum of 1.5 times the inter-quartile range. The fast times in 2016, 2017, 2018 and 2019 (shown by the dots) are “outliers”, i.e., very fast times, relative to the other times achieved in that year. The fast time in 2023, although it was the second fastest ever recorded, was less of an outlier in a year of faster-than-average times.



Is it better to face the Winter mud or the Summer heat? Since 2021, the typical (median) finish time for the Winter race is more than twenty minutes faster – 9 hours 35 minutes compared to 9 hours 56 minutes. It could be that the Winter race typically attracts more – and possibly faster – runners. But a like-for-like comparison involving the 63 hardy runners who have done both races at least once confirms that their Winter times edge their Summer ones – a typical time of 9 hours 29 minutes for the Winter race and 9 hours 50 minutes for the Summer one. So, something to think about if you cursed the mud on this year’s Winter Green Man – the summer sun could be even worse.



Upcoming TACH Runs and Events

Butcombe Trail Ultra – Saturday 27 April

The Butcombe Trail Ultra (BTU) is TACH's annual flagship event. Can you help with marshalling? This year it will be on Saturday 27 April, as ever starting and finishing at The Swan in Rowberrow. Please complete [this form](#) to indicate what you can offer. Please do also keep promoting this event, as we still have places available. There's a Facebook event [here](#), and a flier [here](#). We rely on personal recommendations to spread the word about our races, so please do help us to make this year's BTU yet another popular event. Thank you!

Gordano Round Social – Saturday 11 May

This TACH Grand Day Out will start at **9am** from The Black Horse, Clevedon Lane, Clapton-in-Gordano, Bristol BS20 7RH (please park on the lane opposite the pub which runs under the motorway bridge).

The Gordano Round is a Figure of Eight run:

- Loop One (approximately 16 miles) runs from the Black Horse to Portishead, across fields, tracks and a short section of road, and then along the coast path to Clevedon before heading back to the Black Horse.
- Loop 2 (approximately 11 miles) heads from the pub in the opposite direction out towards Failand and back.

You are welcome to do one or both of the loops (27 miles). Please bring drinks and snacks to refuel on the route and then enjoy a drink (and food) in the pub afterwards. There is a large garden to sit in if the weather is fine.

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

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

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 is 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).

Bob Graham Round – Friday 21 June

Jeremy and Jonny are going to attempt the **Bob Graham Round** on 21 June, with road support from several kind TACHers. Some TACHers will also be running sections with them on the day. It would be great to have a few more support runners. The average pace requirement of 3 miles (5 km) per hour means hiking the ups, jogging the downs and running the flats... Dates for your diaries if people want to join them:

Saturday 29 - Monday 31 March - Easter weekend to recce Leg 5, Leg 1, Leg 2 at an inclusive pace (distances about 20km).

Sunday 26 May - Bank Holiday Sunday recce Leg 3 and Leg 4. 41km with 3400m ascent. Pace 3mph / 5kph.

Friday 21 June - likely 5:30pm start. 24h attempt. YHA Keswick will be the accommodation base.

Cotswold Way Relay – Saturday 6 July

Entries are open for the Cotswold Way Relay 2024 - 103 miles, 10 stages, off-road through the Cotswolds, from Chipping Campden to Bath Abbey. The Cotswold Way Relay is now in its 32nd year and is organized by Team Bath Athletic Club, taking place on Saturday 6 July. TACH has decided to enter three teams, so we will need a minimum of 30 runners. If you want to take part in this, please register your interest by emailing captain@tach.club with your full name and if you have any preferences for the leg that you would like to run, or if you would like to marshal or be a reserve. If you want to familiarise yourself with the event, please check out the website below, which also includes route information for each stage: <https://cotswoldwayrelay.co.uk>

Snowdonia (Eryri) Weekend Away

A weekend of running in Snowdonia (Eryri) National Park staying in a bunkhouse near Llanberis. Either construct your own adventure or run the Welsh 3000s - 31 miles and 13,073 ft elevation over two days. Cost is £45. For more details and to sign up and pay, visit [here](#). For any questions, please email races@tach.club



TACH Top Tips

‘Grant Us Wisdom’

Running with poles - if I can do it, anyone can by Andy Grant

I got off to a good start with my poles by going on one of Dan Summers’ pole running workshops (which I would recommend). I then set off on a pole running journey of discovery of my own. Now he is an expert with poles, and I am not, so despite his expert tuition at the start I’ve still made some silly mistakes, luckily because of this I’ve also gained a few nuggets of knowledge, which I now hope to pass on to you.



*Thumb over the top
for down the hills*

First, pole length - there is lots of stuff online about how to size yourself up for poles. If you are in doubt, ask a few TACHers nicely and I’m sure you can get to try a few poles of different lengths before you commit. Of course, poles exactly the right length for you will only be perfect on flat ground, longer poles are better for using downhill and shorter one better for going up. To try and get round this, I’ve found varying your hand position on the poles for the ups and the downs can help. If you’re not doing this already, give it a go and see how it works for you.

If you’re going downhill, put your hand right up to the top of the grip and put your thumb on the top, easy enough.

If you’re going uphill, just hold the grip right at the bottom. I can sometimes even let my bottom two fingers come off the grip and go round the actual pole instead.



Lower grip for climbing uphill

Carbon or aluminium?

Well, aluminium is cheaper and stronger, carbon is much lighter, is much better at absorbing shock and can almost feel like they have that extra bit of “zing” when using them to drive you forward. Of course they are much more expensive, and in extreme circumstances, more fragile. If they ever do fail, they also do it in spectacular fashion, ouch! (this will all sound very familiar to cyclists). One last small and often overlooked advantage of carbon poles over aluminium ones is that they are not freezing cold to the touch in winter, not a big thing until you have to handle an aluminium pair in the winter to pack them away. When it comes down to it, the choice is yours and they will both do the job of course, but if you’re a bit skint, never, ever pick up a pair of carbon fibre poles just to see how light they are, you have been warned!



This carbon fibre pole is actually lighter than this Ryvita (and probably tastier too)



Once you have a pair of poles of your own, I suppose it's time to consider pole safety. First thing to consider is other people. If you ever have to hold your poles in one hand to free up the other, always carry them with the metal pointed tips in front of you where you can see them, that way if someone comes up behind and you swing your arm back, the worst thing they get is a black eye off the grip on the end of the pole, not a badly damaged eyeball from a poke with the sharp pointy metal tip on the other end.



Never stick the pointy ends out behind you like this, it could end in tears!

Never let your pole tips land in front of you where your feet are going to go (this would usually happen going downhill), always strike the ground in front of you, to the side - that way, if a pole tip digs in or hits a rock/root, you can run through the middle of your poles. This gives you a couple of strides to stop. Usually as you run through, the tip of the pole will free itself and you won't need to stop, but at least you have the option to stop safely if necessary.



Not like this! if that pole in my left-hand jams in the ground I'm going to run straight into it, hence the concerned look on my face.



This is more like it, now if one of my poles stops suddenly, I can run through the middle of them, sadly it has done nothing for my grim expression though.

“Gordon Ramsey’s Kitchen nightmares”

Luckily, although a bit sore, there was no real damage to me or my new poles, so I managed to complete my run in one piece, even if I did finish up at the end looking like a bedraggled, red faced Swamp Donkey (with sore nuts!)



Don't clip that low hanging branch!

One last thing on safety, never stick a pole out in front of you when running forward and let the grip end point at your stomach (or anywhere else on your person) – it's easier to do than you think, like if you try to look at your watch while holding one, if your pole tip hits anything (rock, bramble, tree branch), as you move forward you will whack the grip end into your stomach, another one I've already done so you don't have to.



Quick look at your watch

So, if my tales of woe haven't put you off already, what are the advantages of poles? Well, they help utilize the otherwise untapped energy in the movement of your arms to move you forward more efficiently on the flats and the uphill.

When going up steep uphill, they stop you hunching over, decreasing the strain on your back. Using them lets your arms get the chance to help lift your body weight up the hill. It's like having your own personal handrail following you up on either side, that you can grab hold of to help pull you up to the top as you go, nice.

On the downhill they can help with balance, if you slip and lose your footing, pushing hard on both (or just one) poles can keep you up on your feet and upright. They can also help slow you down, sharing the load of decelerating your body weight between your arms and legs, taking the strain off your quads, which considering the pounding they take on any long downhill this is a god send. Be careful not to let them take too much of the load though, aluminium poles are strong and rigid, carbon ones are strong and flexible, but neither is going to support your full body weight. Your thighs are built for this, one look at the difference in thickness between one of your thighs and a running pole and you can guess what's going to happen if you try it.

When used on the flat, utilising the power from both your arms and legs gives you more efficient forward propulsion. The effect of this varies for different runners, some runners (this is me) find because their arms move slower when using poles, their leg cadence also slows, and they run slower. My leg and arm speed are linked, if I'm sprinting and I try and pump my arms faster, I run faster. This is great for longer races because although I slow down a little, I'm running much more efficiently, using up less of my energy reserves and tiring out my muscles less. I've seen the evidence of this reflected in my heart rate in races. When I've switched to using poles, I have seen my heart rate drop by about 10 BPM. If it's a long race, this is great as I have saved my energy and legs so it can help maintain my speed right to the end of the race.

Some lucky people (not me) don't run slower when they get their poles out, their arms slow down but their feet don't, they are running more efficiently and going just as fast. If this



is you then you can get the benefit of using your poles on longer and shorter races/runs, like I said lucky people.

When practising it would be well worth looking at your watch to see if you slow down when deploying them (drop in pace/speed) or not, and how much effort they save (shown by a drop in heart rate). I only use mine for longer races now because only then is the speed I lose worth the energy I save, in the long run (no pun intended).

One last thing to practise is deploying your poles when needed and stashing them away when not. Most hydration vests/packs can now carry them where they are handy to get to, but it needs a little bit of practice to deploy/stash them smoothly on the go. Keeping the joints clean helps them fold up easier, I have found a bit of Pledge/Mr Sheen here can also help here too.

Now go out and run with those poles and see how it goes. Take care and if you point that pole the wrong way, catch it on a tree branch while checking your heart rate on your watch, causing you to take a painful hit in that six-pack stomach of yours, please don't come running to me.

TACH Discounts

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

Up and Running
Moti
Easy Runner
Ellis Brigham

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



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 the word about our upcoming races, we also want to promote upcoming off-road races organised by our neighbouring running clubs to reciprocate. If you know of other off-road races coming up through the year which are organised by local running clubs that we haven't listed here, please do let us know via comms@tach.club and we'll aim to include them in the next edition of Rough Running News.

3 March Imber Ultra, organised by Avon Valley Runners (33 miles)
<https://imberultra.wordpress.com>

17 March The Big Cheese, organised by Cheddar Running Club (15 miles)
<https://www.cheddarrunningclub.co.uk/big-cheese>

31 March Hanham Horror, organised by Bitton Road Runners (9k)
<https://race-nation.co.uk/register/bitton-road-runners/the-hanham-horror-2024>

9 June Bradley Stoke 10k, organised by Sole Sisters North Bristol
<https://www.solesistersrc.co.uk/bradley-stoke-10k/>

27 Oct Mendip Muddle, organised by Weston Athletic Club (20k)
<https://westonac.co.uk>

3 Nov Herepath Half, organised by Taunton Running Club (13.7 miles)
<https://www.herepathhalf.org/#>

3 Nov Over the Hills, organised by Avon Valley Runners (12km)
<https://www.avonvalleyrunners.org.uk/avr-open-races#oth>

10 Nov Sodbury Slog, organised by Bitton Road Runners (10 miles)
<https://www.bittonroadrunners.co.uk/default.aspx>

24 Nov Brent Knoll race, organised by Burnham-on-Sea Harriers (10k)
<https://www.facebook.com/events/1434888810742000>

dates and events tbc

October Nightingale Nightmare, organised by Southville Running Club (10k)
 November Bath Hilly Half, organised by Team Bath Athletic Club (13.1 miles)
 January Riverbank Rollick, organised by Thornbury Running Club (9.6 miles)
 February Doynton Hard Half Marathon, organised by Emersons Green Running Club
 Dursley Dozen, organised by Dursley Running Club (12 miles)
 Ironwood Challenge, organised by Nailsea Running Club (10k)

TACH race calendar for 2024

27 April	Butcombe Trail Ultra
18 July	Purdown Pursuit
5 September	Rowberrow Romp (tbc)
20 October	Keynsham Dandy (tbc)



TACH Championship Points

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

2023 TACH Championship points	TACH members
14	Fran Pratt
12	Liz Little, Andy Grant
11	Jonathan Riley, Sarah Smith
10	Antony Clark, Terry Rogers, Tom Farman, Tricia Allen
9	Andy Fagg
8	Dave Bignell, Nick Rickard, Sharon Jones
7	Claire Harrison, Tom Hunt
6	Luke Taylor
5	Andy Little, Cathy Fagg, David Giles, Emily Griffiths, George Hancu, Jenny Crouch
4	Dan Kirby, Ian Kilgarriff, Jack Blanchard, Jane Bennett, Jim Plunkett-Cole, Lawrence Pitman, Natasha Breen, Phil Boler, Richard Breakspear, Sam Edwards
3	Andy Simmons, Clarence Yeung, Dave Braidley, Dave Roy, Gareth Lewis, Helen King, Ivan Batchelor, Jamie Smith, Jeremy Hutchinson, Laura Heape, Lucien Campbell-Kemp, Luke Merrett, Martin Cott, Michelle Claydon, Paweł Baranowski
2	Chris Smart, Emma Pemberton, George Miller, Graham Sleightholme, Hannah Tracey, Jim Batty, Jonathan Gledson, Kate Milsom, Laura Spencer, Neil Tague, Richard Giddings, Tom Moriarty, Will Harris
1	Alexis Wiseman, Anneke Bull, Bethan Riley, Carolyn Dent, Catherine Fagg, Chris Bloor, Dave Ryan, Elizabeth Holmes, Emma Turner, Gemma LH, Graham Sleightholme, Helen Edge, Jarek Turif, Joe Hussey, Judith Chubb Whittle, Mark Alston, Martin Bull, Matt Claydon, Pat Thoyts, Paul Coppen, Paul Merry, Paweł Teklinski, Pete Robertson, Peter Oldham, Ross Parker, Sarah Thorne, Simon Whittle, Stu Wallace, Tom Brown, Tom Lawson, Trudi Johnson, Una Miles, Vikki Carter



General Club Information

Leading a TACH run

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

Liftsharing groups

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

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

If you'd like to join any of these liftshare groups, please do ask around when you're next on a run to find someone who belongs to one of these groups, so you can be invited to join the relevant WhatsApp group. If you'd like to set up a group in an area not listed, or there are enough people to form a smaller sub-group, please do take the initiative – these groups are all self-managing. You can contact comms@tach.club 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 **30 June 2024** – 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 Editors/ Commsmeisters: Tricia Allen and Sarah Smith - comms@tach.club