



**Town and
Country
Harriers
(TACH)**

ROUGH RUNNING NEWS

March 2025

Letter from the Chair

Welcome to Rough Running News from the committee's new chair! Nick did a fabulous job in the role and the club has gone from strength to strength, thanks Nick (and all the amazing committee members who work so hard behind the scenes on races, socials, regular Thursday night runs, comms, finance and admin)!

Highlights from the committee include:

Finance: our low running costs allow us to charge a small annual membership fee, keep race entry fees affordable, and make charitable donations, such as £603 to the Keynsham Food Bank from the Keynsham Dandy race. We also have funds available for member benefits, like subsidising socials and occasional treats on Thursday nights.

Races: the Butcombe Trail Ultra (BTU) is receiving many entries, with the new 50k race already sold out. A new BTU website is being developed for next year, and we have updated our race policy, included in the BTU 2025 Event Rules. We are exploring chip timing for shorter races and trialling a tracking system at BTU.

Runs: our Thursday night runs around Bristol offer a mix of town and country, tarmac and mud, gin and cider. We encourage members to lead runs and provide support through Run Meisters, Jenny and Emily. Emily has created a checklist to help run leaders prepare.

Events: upcoming events include the Cotswold Way Relay on 5 July 2025, with three teams entered. 2025 marks TACH's 30th anniversary, celebrated with a summer social and an anniversary run on 6 November, led by founding member Chris Smart, from The Angel Long Ashton pub. Join us for the run and birthday cake!

Helen King, TACH Committee Chair



Sarah

Editors' Note

Welcome to Rough Running News for March 2025. Meet Trish Robson, find out who your new committee members are, pick up some more top tips from our ever-reliable contributor Andy Grant, and peruse the events schedule for some new race ideas. We always welcome contributions, so if you'd like to share some thoughts with fellow TACH members, why not send us something for the next edition? Also, let us know any suggestions for how we can improve TACH communications – speak to us on a run, or email comms@tach.com



Tricia



Contents

- **Meet a TACHer**
Trish Robson
- **Meet your new TACH committee for 2025**
- **TACH Top Tips**
Andy Grant talks shoes and hill training
- **Upcoming TACH Runs and Events**
Volunteer for the Butcombe Trail Ultra (26 April 2025)
- **TACH Kit**
- **Race Calendar**
- **TACH Championship Points**
- **TACH Discounts**
- **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 2025**

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

comms@tach.club

Thank you 😊

Thank you to our outgoing Chair

Nick Rickard stood down as TACH Chair at the end of 2024, after several years of excellent leadership for our club. In recognition of all the work he put in to making TACH the club it is today, a couple of committee members thought it was only right and fitting that he should be presented with his very own Chair.





Meet a TACHer

Trish Robson

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

It was Graham Bazley who introduced me to TACH. I used to do a class called Gladiators at Horfield sports centre with him, it was run by a guy called Kev who was a Martial Arts Pro, we used to sweat it out together! I also trained with Graham at Westbury Harriers Road Running Club, we became really good friends and did a lot of races together nationally and internationally, mainly marathon distance. He was a good running buddy! We always did a tempo 10 mile run on a Wednesday evening, putting the world to rights at the same time. I have fond memories of Graham and lots of shenanigans to go with it. Graham was always trying to get me to join TACH but at the time I was a single mum, 40 years old with three young children trying to juggle family, work and training, I couldn't possibly fit it in. I can't remember exactly when I joined TACH but if I'd had the time, it would have been sooner!



What led you to take up trail running?

Although I enjoyed being a quietly competitive roadie, I loved taking part in trail races and took the opportunity to enter local trail events like The Terminator, Dursley Dozen, Seaview 17, Riverbank Rollick and the like, so when my children were less demanding, I took every opportunity to branch out and enjoy the trails. After completing The South West coastal path, I was finally converted and now wouldn't look back. Graham finally got me to join TACH! I'm still a member of Westbury Harriers and continue to do a tempo run on a Monday evening as it helps me gauge my aerobic fitness base and also for social reasons.

What's your favourite distance and type of terrain?

If you had asked me this a decade or so ago, I would have said marathon/road. I did my first marathon when I was 45 in Dublin where my mum was born. I was quite naive in terms of training, to be honest I was lucky to run twice a week, my life was hectic, the children were my priority and time was limited due to my circumstances. It was then that I realised that I wasn't too bad at this game. I finished in 3hrs 27mins, I then got the bug and went on to complete over 30 marathons, my fastest time was 3hrs 19mins in London, I was 47. Nowadays I prefer trails, anything from half marathon to full marathon. I have run a few ultras, the furthest distance 56-58 miles. I have to confess that I was ill-prepared nutritionally as I was more clued up for running shorter, faster road pace. Life's a learning curve!

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

My shoes! My go to shoes for trail are INOV8 212 XTalon. I prefer a light, neutral 4mm drop shoe. For road it's Saucony fastwitch again for the same reasons, they have to feel as comfortable as my slippers!



What work do you do?

I'm a jack of all trades and a qualified nurse in my spare time! I've worked in the profession for 45 years. I also trained as a midwife going on to specialise in renal medicine. I spent a short time working in Toronto, Canada and have no plans to retire yet. Don't mention the NHS!

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

It doesn't take much to please me, anywhere by the coast or the mountains with good friends is when I'm in my element. I've run in some amazing places and countries, most recently the Atlas Mountains/Sahara, Sicily, Scotland and Nice, Costa Rica, Mont Blanc and the Isle of Arran are on my bucket list. I just love being close to nature and feeling a sense of freedom.

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

For anyone new to trail running I'd say to enjoy, there's no pressure - get out there and embrace it! Get yourself a decent pair of trail shoes. We won't mention cows!

What's your favourite thing about TACH?

Friendly, inclusive, great places to run/discover, well organised, great races/events and best of all - great pubs!

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

From my doorstep it would probably be across Clifton Suspension Bridge into Ashton Court, Abbots Pool, Leigh Woods and back, other than that I would head for the coast or Brecon (The Land of My Fathers!).

Likes and dislikes in order

Sunrise - Sunset - Bluebells - Cider - Mud - Nettles - Getting lost - Gels - Ticks - Early morning alarm - Cows!!!



Meet your new TACH committee

In October 2024, TACH members elected the new TACH committee for 2025, with a mixture of committee members who have been in post for some time and others who are new to the committee or new to their role. Here's a brief introduction to your committee for 2025. If you have any thoughts about what we can do to further improve our excellent club, please do chat with any of us and get involved!

Club Captain: Tom Houseago - captain@tach.club



As Club Captain, my role is to provide a friendly face on the club runs and to ensure everyone, especially new members, feel welcome, encouraged and celebrated. I also run our championship scoring and organise team relay events.

I joined TACH in late 2023 and I love the supportive and friendly community that puts on such a variety of great runs each week. In 2025 I am excited to be running my first ultramarathon after being inspired by fellow TACH runners!

Chair: Helen King - chair@tach.club



My role involves chairing TACH committee meetings and helping make decisions about any issues that arise.

Been with TACH since April 2010. Love the supportive community and great friends that have enabled me to run further and higher! Doing my first ultra in 10 years (Butcombe 50km)

Secretary: Hannah Tracey - secretary@tach.club



My role is very much behind the scenes, which I really enjoy. My main responsibilities involve managing the club's administrative tasks, such as organising committee meetings, preparing agendas, taking minutes, and renewing the club's insurance.

I joined TACH in 2020 and this is my third year on the committee. I love running new trails with the most amazing, loveliest people. This year, I will be doing my first 50-mile race, the Shropshire Way 80k, as well as a trail triathlon, The Roc England, which includes a run up and down Scafell Pike!



Treasurer: Jonny Riley - treasurer@tach.club



In TACH my job is to look after the money. I have been in TACH since 2015. I like exploring new places, seeing friends, and organising fun things for the club. My running goals are the same every year – (1) don't get injured, (2) have fun, (3) try to get fitter. I have a place for Snowdonia Marathon in October, so that's something to train for.

Webmeister: Tom Hunt - website@tach.club



As Web/Tech Meister I make sure that the various services TACH uses on a daily basis are working. Domains, website, email, race entries etc. But I also serve as a point of contact for other technical help, e.g. using GPXs, watches, planning routes. But no I will not fix your computer! (Unless you buy me beer)

I have been in TACH since 2015 and it immediately felt like home. Lovely people, exploring the countryside, food and beer. What's not to love. When I joined, I could never have imagined the club would take me to running 50-mile ultras. Oddly my 2025 running goal at least for the first part is London Marathon. I have never done a road marathon and it's more scary to me than BTU50. After that I will go back to normal trail ultras.

Race Committee Chair: Luke Taylor - races@tach.club



As Race Committee Chair, my role is to put together race organising teams (which include at least Race Director, Course Setter and Marshal Meister) for all our club races, and then help out wherever required. If you might be interested in helping organise any of our races, please get in touch :-)

I joined TACH in 2009. I love that TACH is so inclusive. I see it more as a community rather than just a club where you pay a membership and expect a service. With TACH you get out what you put into the club. I turned 60 years old last December, my only running goal in 2025 is that I have challenged myself to have a go at the Cotswold Way Century in September.



Social Secretary: Sharon Jones - social@tach.club



My role as Social Secretary involves planning all social gatherings for the club. Our famous Twelfth Night party in January. Social runs quarterly. I love to empower and bring people together.

I've been a member of TACH for five years. My big race this year is Lakeland 50 miles.

Membership Secretary: Martin Cott - membership@tach.club



As membership secretary, I mostly deal with enquiries from prospective members by email. I'm also an admin on the members' Facebook group and do ad-hoc membership-related jobs like the members' survey.

I've been in TACH for 7 years, and I love the friendly and positive, but relaxed, atmosphere. For 2025 I'm just aiming to keep on getting outside as much as I can.

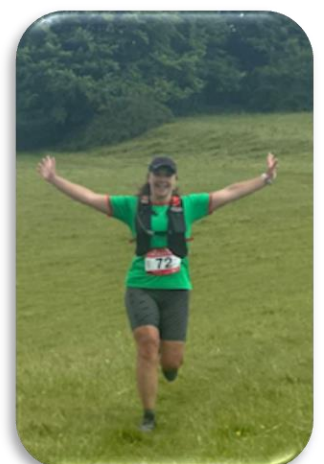
Run Meisters: Jenny Crouch and Emily Griffiths - runmeister@tach.club



We're responsible for organising run leaders for the Thursday weekly runs, ensuring we have two runs every week that are varied and cover different parts of Bristol. We also update the TACH running spreadsheet and Google calendar.

Jenny: I've been running with TACH for two years. I love the people and community that we've found through the club. My 2025 running goals have taken a hit as I'm now four months into no running due to injury. Ever hopeful to be better in time to race Lakeland 100 at the end of July, but there's a lot to do to get there so I'm currently celebrating being able to sweat on the turbo.

Emily: I joined a "Pod run" in covid times 2020. I love the people, I've made lifelong friends from being in this club and can honestly say it has changed my life and I'm now running distances that I never ever thought I'd be able to achieve. My 2025 running goals are to complete the West Highland Way (with Sarah Smith) and run the Classic Quarter race in May (44 miles along the southern coast of the UK).





Kit Meister: George Hancu - kit@tach.club



My role is to look after the TACH kit (t-shirts, vests, buffs, etc.), making sure everything is in stock and available for members to buy.

I have been with TACH for about 7 years now and love the amazing people who make it such a wonderful club. My 2025 running goals include running the BTU 50 miles and doing more mountain running, either in the UK or abroad.

Commsmeisters: Tricia Allen and Sarah Smith - comms@tach.club



We send out the weekly emails and the three-times-a-year newsletter, Rough Running News. We also help with promoting TACH's races.

Sarah: I've been running with TACH for three years. It's such a friendly club and it's encouraged me to do all sorts of running things I never imagined I'd do. After a couple of race-related 2024 goals, my 2025 goals are about taking to the trails ("ways") to explore beautiful parts of the UK (and Australia). Apologies for the road race photo, but a) I have both feet off the air (and I'm smiling) and b) in all my trail-running photos, I am part of a group of other (TACH) runners.

Tricia: I joined TACH in 2019, just before lockdown, so my first experiences of this wonderful club were all virtual and then in small running 'pods'. I absolutely love the friendship, inspiration and support the club has on offer, while also giving us all a chance to enjoy the great outdoors. My main goal for 2025 is to be fit and healthy enough to enjoy walking the Tour du Mont Blanc at the end of the summer. The UTMB runners will all zoom past us on our first night in the huts, but I'll be happy walking that one!





TACH Top Tips

Inov8 Trailtalon by Andy Grant

New trainer test time again - this time the Inov8 Trailtalon - tested for 202 miles of wet winter running so far. The new Inov8 trail talon range consists of three new shoes, the Trailtalon speed, the Trailtalon GTX and the plain old Trailtalon that I'm going to be chatting about here. I have been running in my pair for 202 miles and so far, so good. These shoes have been brought out to replace Inov8's popular Roclite range and are made to cope with the same mix of muddy and rocky terrain that we are all familiar with, on both short and longer runs, up to and including ultra marathon distances.



The shoes have a 6mm drop, weigh 310 grams and come in wide and standard fit. Inov8 shoes have been getting more cushioned for some time now and these are no exception. Yes you lose some trail feel, gain a little more stack height and weight, but they are comfortable to run in right from the start, then as your run starts to clock up the miles, the cushioning comes into its own, saving your feet from getting a right pounding.



The tread uses Inov8's graphene rubber with well-spaced 6mm lugs and they give good levels of grip all round. The grip on rocks, roots and road sections is great, the sole of the tread is wide at the forefoot and at the heel tread giving a great spread of lugs to grip the ground, this gives the shoes a stable and planted feel.

The only downside to this is that on uneven or off camber terrain, the shoe can remain planted on the ground but let your feet squirm around in them to keep you upright. To keep this to a minimum, it may be worth considering getting them in the standard width (they are available in both standard and wide) if they will snugly but comfortably fit your feet. The grip on mud is good but they are not quite in the same league as a Mudtalon or X-talon but then both these shoes are mud specialists and not all-rounders, both offering a lot less grip on harder or mixed surfaces.

So, these shoes are comfortable and well cushioned, I think you should consider the width fitting options carefully and only get them in the wider fit option if you really need it. They have great all-round grip and only really struggle in the very worst of the winter mud. The grip is so good, I am now wearing them for most of my winter runs. After 202 miles of muddy winter trails, they show minimal wear, being very similar to the Roclites I had before them. I would imagine they too should last for about 500 to 600 winter miles.



Training for a race as Rage Against the Machine said: “Know your enemy”! by Andy Grant

We all do the usual things to get ready for a race, lots of training on similar terrain and lots of training on hills for ones that have lots of climbing. Easy to do if they are local, just go out and train on the actual course (as long as it's not on private land) but what if they are further away, over unfamiliar terrain? To try and figure what we are up against, we look at elevation profiles, maps, race descriptions, the race website and Facebook pages, which are all good to get an idea of the ground conditions and the lie of the land.

It can still be hard to size up how much hill work you will need to be do in training to prepare yourself for a specific race. Luckily, I've come across a formula to help, it will give you one number (elevation change in distance travelled) to help compare the elevation of your individual training runs with what you will encounter in a specific race. It's only an average across the whole run or race but as a comparison it works. Ok, here it is...

$$\text{Elevation climbed (feet/metres) + elevation descended in race (feet/metres)} \div \text{race distance (miles/km)} = \text{elevation change (feet per mile/metres per km)}$$

Make sure you stick to your preference of imperial or metric for the whole thing and it's easy to follow through.

It's easy to find the info you need to work it out from race competitors' Strava pages, race website or ask someone nicely on the race Facebook page for the stats from last year's race. Most races (but not all) will start and finish in the same place so distance climbed and descended will be the same, making things easier.

Here's an example for the elevation change over UTS Snowdonia 100 miler

Elevation climbed 31,168 feet + elevation descended 31,168 feet \div race distance of 104 miles = an elevation change of 599 feet per mile (FPM)

Sound much? for comparison the actual UTMB is 617 FPM, the Ark of Attrition is 320 FPM, the Bath hilly half comes in at 316 FPM, this year's Butcombe 50m is 257 FPM, the Cotswold Wat Century is 237 FPM and the Green Man is a nearly flat as a pancake figure of 137 FPM.

So, if you have a hilly race coming up, find out its elevation change per mile and compare it to your training runs. If your training runs are a bit on the flat side then it's off to the mountains to train you go, or I may see you out there doing lots and lots of reps of your local steepest, longest hill - great fun!



Upcoming TACH Runs and Events

The only thing more fun than running the Butcombe Trail Ultra is helping to run the BTU (Terry Rogers)

Have you ever thought about doing a bit more for the club? But don't want that role where you have to attend meetings. Well, here's your opportunity.

The Butcombe Trail Ultra will take place on Saturday 26 April with 50 km and 50 mile distances. The club's great races just wouldn't happen without the volunteers. The Butcombe Trail Ultra will need a least 70 volunteers, including key roles as checkpoint captain, last runner marshall, course sweeper etc.

If you would like to help out with the 2025 event, please get in touch with the Butcombe committee. You don't need experience – you'll get all the help and advice you need and can be paired with someone more experienced.

This year, the race HQ will be at the Mendip Activity Centre – perfect for families (activities to distract the kids). Given the new location, the race organisers have decided that, if people can give that bit more, we are willing to offer free camping (as well as the usual post-race free meal). This is an exciting opportunity to have even more fun (during and after) the event, which we know is what the club is all about.

Having helped with this event for the past three years, I can honestly say it really is fun and rewarding in lots of ways, from seeing the camaraderie to getting positive feedback from runners – it really makes a difference.

"I really want to thank every volunteer for marshalling, aid stations and motivating and cheering. The end was amazing and had not expected all the cheering! I have participated in other ultramarathons with similar amounts of participants and they have been nowhere near as good in any of these aspects. Thank you so much."

Race places are nearly all sold out. The new 50 km distance was instantly very popular, including with club members, and there is now a waiting list as the event is full. It's great to see so many of you wanting to sign up, but it would be great if you could encourage a partner/friend etc. to help out as a volunteer (they can cheer you on from an aid station!).

So, add the date to your calendars and get ready for a fun weekend with the TACH community.

Any questions please ask:
Terry Rogers
Andy Fagg
butcombetrailultra@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 George Hancu, our friendly Kit Meister, by emailing kit@tach.club. Or you can ask him when you next see him to arrange your purchase. George 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 George know.



George modelling the kit!

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 – thank you.

dates and events

6 April	The Big Cheese, organised by Cheddar Running Club (15 miles) https://www.entrycentral.com/Big-Cheese-2025
20 April	Hanham Horror, organised by Bitton Road Runners (9k) https://race-nation.co.uk/register/bitton-road-runners/the-hanham-horror-2025
8 June	Bradley Stoke 10k, organised by Sole Sisters North Bristol https://www.solesistersrc.co.uk/event/bradley-stoke-10km-2025/
5 July	Cotswold Way Relay, organised by Team Bath Athletic Club (10 x 10ish mile legs) – TACH will enter three teams this year https://cotswoldwayrelay.co.uk
5 Oct	Mother Tuckers 10k, organised by Axe Valley Runners https://www.axevalleyrunners.org.uk/event/the-mother-tuckers-10k-2025/
16 Nov	Bath Hilly Half, organised by Team Bath Athletic Club (13.1 miles) https://bathhillyhalf.org
23 Nov	Brent Knoll race, organised by Burnham-on-Sea Harriers (10k) http://www.somersetseries.com/brent-knoll-mt
Jan	Riverbank Rollick, organised by Thornbury Running Club (9.6 miles)
Feb	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)
March	Imber Ultra, organised by Avon Valley Runners (33 miles)

TACH race calendar for 2025

26 April 2025	Butcombe Trail Ultra
17 July 2025	Purdow Pursuit (tbc)
October 2025	Keynsham Dandy (tbc)



TACH Championship Points

Compiled by George Hancu, TACH Captain for 2024

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

Q4 2024 TACH Championship points	Members
5	Nick Rickard
3	Sarah Smith, George Hancu, Jonathan Gledson, Tom Farman, Alex Smith, Andy Grant, Terry Rogers, Fran Pratt
2	Rich Grant, Sylvain Jouve, Tricia Allen, Martin Cott, Dave Bignell, Rich Pearce, Ruth Pitchers, Sam Edwards, Emma Pemberton, Dave Braidley
1	Ivan Batchelor, Emma Turner, Ian Kilgarriff, Tom Houseago, Tom Hunt, Colin Johnson, Trish Robson, Sarah Thorne, Richard Breakspear, Andy Simmons, Antony Clark, David Giles, Emily Griffiths, Graham Sleightholme, Jack Blanchard, Jenny Crouch, Jeremy Hutchinson, Jonathan Riley, Lawrence Pitman, Lucien Campbell-Kemp, Dave Roy, Claire Drewett, Anneke Bull, Pawel Baranowski



Full 2024 TACH Championship points	Members
14	Sarah Smith
13	Nick Rickard
12	Terry Rogers
11	Jonathan Riley
9	George Hancu
8	Fran Pratt, Tricia Allen
7	Andy Grant, Pawel Baranowski, Tom Hunt
6	Emily Griffiths, Martin Cott, Richard Breakspear, Tom Farman
5	Andy Fagg, Antony Clark, Dave Bignell, Emila Turif, Helen King, Natasha Breen
4	Andrew Marchment, Dave Braidley, David Giles, Graham Sleightholme, Jamie Smith, Jenny Crouch, Jonathan Gledson, Ruth Pitchers, Sharon Jones
3	Alex Smith, Andy Little, Cathy Fagg, Claire Harrison, Dan Kirby, Emma Pemberton, Emma Turner, Liz Little, Luke Taylor, Paul Coppen, Phil Boler, Sam Edwards
2	Andy Simmons, Colin Johnson, Dave Roy, Debbie Farman, Gareth Lewis, Jack Blanchard, Jane Bennett, Jarek Turif, Jeremy Hutchinson, Lawrence Pitman, Rich Grant, Rich Pearce, Rob Richard, Sarah Thorne, Sophie Watts, Sylvain Jouve, Tilly Shaw
1	Anneke Bull, Bevan Dickerson, Caroline Bull, Chris Smart, Claire Drewett, Clarence Yeung, Euan Morlock, Hannah Tracey, Ian Kilgarrieff, Ivan Batchelor, Laura Heape, Lucien Campbell-Kemp, Matt Claydon, Michelle Claydon, Pat Thoughtes, Sam Pilgrim, Teresa Oakes, Tom Houseago, Trish Robson, Una Miles

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 -
Kinisi Run Club (Bedminster) (use tach10 for online purchases)**

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



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 Jenny (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 2025** – please send your articles to comms@tach.club – many thanks.

Know your committee

Club Captain: Tom Houseago - captain@tach.club

Chair: Helen King - chair@tach.club

Secretary: Hannah Tracey - secretary@tach.club

Treasurer: Jonny Riley - treasurer@tach.club

Webmeister: Tom Hunt - website@tach.club

Race Committee Chair: Luke Taylor - aces@tach.club

Social Secretary: Sharon Jones - social@tach.club

Membership Secretary: Martin Cott - membership@tach.club

Run Meisters: Jenny Crouch and Emily Griffiths - runmeister@tach.club

Kit Meister: George Hancu - kit@tach.club

Rough Running News Editors / Commsmeisters: Tricia Allen and Sarah Smith - comms@tach.club