



Quarterly Newsletter

May 2018

Club Championship 2018

May

Bratton Hilly 11ish km

June

Great Chalfield 10km

July

Chippenham River Run 5km

August

Hilly Helmet 4m (if it runs this year)

Malmesbury 10 km

September

Chippenham or Swindon Half Marathon

Devizes 10km

October

Grittleton 10km

White Horse Gallop 8m

November

Avebury 8m

December

Westonbirt 10km

Any (other) half marathon

Any marathon

Best of 3 specific Parkrun
(2x beginner graduation May/Nov and 1 other)

Best of any Lacock Relay

Rules - You must be wearing a Corsham vest/t-shirt* either old gold or new black.

Races are age-graded so you get a percentage score based on your age and time.

Highest percentage gets 20 points, then 19 etc. down to 5 for everyone.

Best 8 races (by points) from 19 count.

There are 5 bonus points for doing any race as part of a CRC team

To get points, just enter as CRC and I'll pick them up from the results.

* As Hilly Helmet is for charity and has a fancy dress element points will still be awarded for those wearing fancy dress.

Exciting Announcement

As well as running an age-graded championship we have decided to trial a non age-graded championship for 2018. Simply first CRC finisher gets the 20 points. Separate ladies and men's as per the age-graded.

Any questions, please feel free to ask **Carl Zalek**.

Away Run Calendar 2018

Tue 15 May	Bradford on Avon	Chips and Drinks on completion at Three Horseshoes
Thu 24 May	For Fox Sake	Broughton Gifford
Tue 5 Jun	Ford	
Thu 14 Jun	Bowood	Landsdowne Arms
Thu 21 Jun	Solstice Sunrise Run	0430 start for a 0452 sunrise. Venue Little Solsbury Hill. Start location and route tbc.
Thu 21 Jun	Solstice Sunset Run - Heddington	Roundway Chase Route.
Jun dates tbc	Rece of Avon Valley Relay Legs 1 & 4	A taster for the Avon Valley Relay proper in early July - a very social event for runners of all abilities.
Thu 5 Jul	Cherhill	Black Horse Start (change from usual start at Small Grain Picnic site)
Tue 17 Jul	Marshfield	
Thu 2 Aug	Castle Coombe	
Tue 7 Aug	Rece of Hilly Helmet Challenge Route	Normal Club Night but opportunity to run the route of Helmet Challenge, which is a Club Championship Race on Wed 15 Aug
Tue 21 Aug	Kingsdown	
Thu 6 Sep	Final Away Run - Quarrymans	Social on completion tbc.
Tue 25 Sep	Full Moon Run - Neston	
Dates TBC	Breakfast Run(s)	
Dates TBC	Full Moon Runs for rest of year	

On behalf of the Committee welcome to the Spring edition of the Corsham Running Club newsletter.

So much has taken place since the last edition of the newsletter and this is reflected in the articles within. It's been amazing to see the amount of events that CRC has had a representation in, they have literally been near and far, on and off road and at all distances. Whilst we are now officially in Spring CRC have not let the weather put them off their training or regular runs, snow and the Beast from the East have however tested us, there were some fantastic pictures of members running every day in the snow for no other reason apart from the fact they could.

Tuesday and Thursday night training sessions go from strength to strength

and since the last newsletter there has been a new Beginners Group who are very shortly about to graduate as well as a specific training group preparing for the Corsham IOK. As members we owe a great deal of thanks to those who lead all of our groups for the benefit of others, if any of you reading this would like to be considered to help lead any of groups please let any of the Committee members know, we will happily chat with you about the role. There is plenty of support from the pool of leaders and the club should you want to give it a go.

Our final thanks go to you for supporting the club, the Committee and supplying the content for this newsletter and to Veena for bringing it all together in yet another fantastic edition.

Richard Biggs



Our Group Structure

	3 Mile Group	Group C	Group B	Group A
Approx. distance	3 miles	4 – 5 miles (6.5 – 8k)	6 miles (IOK)	7 miles (11KM)
Ideal for	All Inclusive Social Running Injury Recovery Starting Out	Would complete a IOK race in a time over 60 minutes (by pace that is 9:40 min/mile or 6:00 min/km)	Would complete a IOK race in a time under 60 minutes (by pace that is under 9:40 min/mile or 6:00 min/km)	Would complete a IOK race in a time under 50 minutes (by pace that is under 8:00 min/mile or 5:00 min/km)
Session Rotation	Steady Run	Steady Run, Tempo, Steady Run, Hills	Tempo, Hills & Steady Run	Mixed Tempo & Hills

Congratulations to those members of the One Mile Club who took part in the 2K Fun Run recently. Following this, the club has had a fresh wave of popularity with applications from new members and previous members returning. For the last month have had more than 70 people running each week so have had to start a waiting list again.

We have enjoyed being able to use the Corsham School fields again and have

so far played various chasing games and have various relays and other fun activities planned for the coming weeks.

There have been many 10 mile and 20 mile certificates awarded recently as those who joined this year reach these targets. A good number have also received their 15 mile t-shirts. Special congratulations go to Oscar Zalek for earning his 150 mile certificate and t-shirt.

Many thanks go to Carl Zalek, Pete Allen, Chris Sapiano and Gill Fox for their help with the running of the club. Recently Nell Harpham has joined us to do her community service for her Bronze Duke of Edinburgh Award and has been very helpful.

Humphrey Barnikel

New Club Kit

Prices:

- Club Vests are £20 each
- Club T-Shirts are £22 each
- Club Long Sleeved T-Shirts are £23 each
- Club Buffs are £7.50 each

For more details on the new kit - including pictures, sizing and the order process please go to the Club Kit page on our website at <https://corshamrunningclub.co.uk/club-kit/>

If you have any questions or queries then please email kit@corshamrunningclub.co.uk





Building on its past reputation, the 2k evolved significantly this year – a development which was partly rooted in the potential opened up by the Lacock Road closure.

The opportunity to run in the beautiful environment of Corsham Park was retained for the first part, with runners crossing parkland to reach the Avenue and exiting through the gate to pass the war memorial. The excitement of sharing the final leg of the 10k route and finishing under the gantry was enhanced by the use of DB Max chip timing and photography.

The warm up and the trophy ceremony on the football field, plus the cheering of parents and supporters throughout, further engendered a real sense of integration into the 10k day which is well demonstrated in the video and raised the 2k's profile.

Heartfelt gratitude is due to the 10k committee, the shepherds, marshals and support crew; without you, none of this would have been possible. The many positive comments received



are testament to your hard work and herald a bright future. Thank you all – I'm looking forward to 2k 2019 already!

Gill Fox

Sunday 22 April dawned dry and bright and, bleary eyed, a few of us met at the Football Club at 6 am to begin the process that would lead to hundreds and hundreds of runners having a great day out in Corsham. It was amazing to think, looking around that deserted field, that in a few hours' time it would be teeming with action and people, and then again by mid-afternoon it would be a sleepy football pitch once again. But there was no time for musing! A lot needed to be done.

More CRC people began to arrive and the Race Village started to come alive. Gazebos were being erected all over the place, up went the bright red finish gantry with the generator whirring away, the sound system burst into musical life and the various commercial stall holders, cake and coffee sellers were busy creating their pitches. DB Max the timing company were fine tuning the gadgetry behind their technical bits and pieces and the Classic cars puffed and exploded their way into the ground and sat there all gleaming and poised waiting for their moment. The Army Cadets were carefully laying out the compostable cups on the trestle tables and notices were going up everywhere. St John turned up much to everyone's relief, as it was looking like being a hotty, with their 2 ambulances and green uniformed staff. Strakers had set up their gazebo and were running a 'guess the number of balloons in a Smart car' competition. There was now officially an atmosphere!

Out on the course Corsham Wind Band had set up at the War Memorial and Max Luff was doing her final Marshal Brief to the many marshals

that were about to be deployed around the streets of Corsham and Neston. The Traffic Management Company, Bradstones, were ready at lots of locations where they were to be used to stop traffic and give runners the right of way, with especial emphasis on the crossing point on Melksham Road by Prospect where last year there was some little local difficulty.

Lacock Road was now officially closed to traffic and the coast was clear for the 2K Fun Run which this year for the first time was being organised by Gill Fox. The route as you will see from her report had changed and included the second kilometre on the now closed Lacock Road and finishing under the gantry in the Race HQ. The children seemed to really love the extra razzmatazz that this provided and the 2K felt properly and fully integrated with the 10K. By 0930 presentations were being made by the housemasterly Humphry Barnikel, and Gill was breathing a huge sigh of relief that everything had gone off so smoothly.



Time was flying by and the new start time of 1030 didn't seem far away. Runners were streaming in to the Race Village having walked in from the car parks around town. The highly efficient Sea Cadet Secure Baggage tent was storing a lot of rucksacks etc and the toilet arrangements were being given a good work out. Yes



we know there are still lessons to be learned in the number of portaloos that we need for the time of peak flow, so to speak! Running Bath was doing a roaring trade selling off their surplus stock from last year to the frugally minded Corsham IOK runners (and organisers.)

Then it was time for the IOK warm up and Christina Ferreira of the Beauty Barn stepped onto the stage (a builders trailer in fact) and stretched and danced people into a fit state to take to the road for the start.

The 6 Pacers, Phil Sapiano, Adrian Finch, Carl Zalek, Stewart Unsworth, Danny Parker and Georgina Taylor, were introduced to the crowd and led everyone out onto the road where they lined up near the timer they felt most comfortable with. The start was being covered live on BBC Wiltshire so we needed to get it right. Jonathan Fido who hosts the Sunday Show on BBC Wiltshire asked if we could delay the start till after the news which suited us perfectly because only a few minutes earlier Oscar had shown me pictures of the queue for the toilets which had become quite impressive. The people standing there were clearly keen not to miss out on the start of the race... you could see that by the way they were hopping from one foot to another!

The sight of almost 1100 people lined up on Lacock Road ready for the start will live with me forever. The mix of bright colours, vague aromas of Ralgex and hubbub of chatter was incredible to experience and made the hours of

meetings and preparations worthwhile. There was little old me (both adjectives very appropriate) standing on a platform ready to blow the magic horn to start them off on their tour of Corsham and Neston. News came that the queue for the toilets had very quickly disappeared (don't ask too many questions I guess); the BBC gave us a live feed for the start and we were ready with a countdown and then off went the air horn which caused the sound engineers some mild discomfort.

The racing snakes at the front hared off after the lead car and were followed by the massed club and enthusiastic runners pushing on down the closed Lacock Road into Corsham and beyond!

Then there was some relief in the Race HQ for the time being, by handing the stress straight onto Max Luff who now had the headache of keeping everyone safe as they trudged around Corsham and Neston. Would all the preparations stand up to the scrutiny of 1100 human beings wanting to share the roads with motorists? In fact things went really very well with no significant traffic issues at all. No one

went the wrong way and 32 minutes and 19 seconds later the first runner crossed the finish line. Good young Simon Nott from CalneRC once again who held off a strong challenge from Michael Hiscott of Maidenhead AC who was 36 seconds behind him followed just over a minute later by Michael Towler of AVR. The first lady was Bethan Francis from AVR in a time of 39:53.

Then the bulk of runners flooded in looking hot and damp in the warm conditions. The clean smell of Ralgex had by now been replaced by other interesting aromas and the excited chatter was now tinged with relief and stories of achievements made and targets met or missed. They were offered water by the Army cadets from our highly desirable compostable cups, picked up their tee shirt, their medals and of course the Piston Broke beer, not much of which was actually consumed on the spot.

There were 5 casualties attended to by St John of which 2 cases of dehydration were taken to RUH for further checks but were quickly discharged. So despite the warm conditions the casualty list was not too



bad.

There were lessons learned at the wash up meeting – mainly focused around the improvements needed to the provision of water, the number of available toilets and crowd control at the entrance to the Football Club. At that wash up meeting Oscar Stringer took over from me as the Race Director for 2019.

The marvellous committee that put all of this on and burned the midnight oil on several occasions comprised Max and Michael Luff, Jon Morrell, Karen Littlechild, Oscar Stringer, Richard Biggs and Gill Fox.

Huge thanks to them, and also to all the many helpers from the Club in whatever capacity, whether Pacing, Information, Marshalling, or whatever!

Alex Fogwill

If you haven't seen the video of this year's 10k & 2k the link is here:
<https://www.youtube.com/watch?v=IJeNH53XyRO>



Photos courtesy of
Natalie Inman

Club Captains' Report

What a busy time the club has had since the last newsletter! Club championship races have been really well supported:

Wiltshire 10m - 25 runners

Bath skyline 10k - 5 runners

(on same day as Wiltshire 10m)

Corsham 10k - 58!

Corsham 2k - 49 from OMC and members children

Compton Bassett 5 mile - 23

Some members have also completed various longer events: 16 people have either completed a marathon or ultra run or have even done more than one.

There are just too many PB's to mention individually but you can find them on our members results page on the website, so a huge well done!

<https://corshamrunningclub.co.uk/race-results/>

We have enough volunteers to enter 4 teams for the Cotswold way relays in June. Yet to come are the Avon Valley Relays in July and the Mob Match event in the summer.

Carl and I look forward to your continued support in the club championships and don't forget support is needed for our beginners graduation run at Chippenham Park run on Saturday 19/05/18.

Keep running!

Jane Tunnicliffe

Our Corsham 2K/ 10K experience

Building on the success of our headteacher's weekly Magic Mile, one of the early morning wellbeing activities on offer at Corsham Regis, a parent suggested entering a team into this year's Corsham 2K. It was the first time we had taken part and momentum built quickly, with 25 children signing up to run for Team Regis.

It was mid-February and at the time, as a recent beginner, I was undecided about taking on the challenge of the 10K myself, but the buzz about the school team gave me the impetus to join the 10K training group. Plus after having enjoyed marshalling the 10K for the last few years with Friends of Regis, part of me always wanted to see if I could actually run it! The 10K training sessions were challenging but supportive and huge thanks to David Bethune and the other coaches for all the time they put into this. It was also great to have the support of other group members – we kept each other motivated during our weekend "homework" sessions. I was pleased that our Teaching Assistant Laura di Pisa also signed up to run the 10K – so together Team Regis would clock up a total of 70K around Corsham on 22nd April.

With the 2K taking place only a week after the start of the summer term, we organised a few sessions in the Easter holidays for the children to get accustomed to the 2K distance. I was super impressed with the effort they put into the sessions, and the fact they were not put off by the cold, rain and mud! In our first session, after a warm up we did laps of the Springfield track – every child completed at least 2K (4 and a bit laps), with some of the older children doing 5 or 6 laps to support the younger ones. In fact, many of them lapped me, which was not great for my own pre-race self-esteem

but hey it was good to see them doing so well! In our second session, we did our own version of "lamp posts" using strategically placed parents dotted around the Springfield track. Some of the children didn't quite get the concept of "recovering back" but all certainly enjoyed zooming backwards and forwards until they were worn out! The children brought their waterproofs and brilliant attitudes to our final session at Corsham Court, where they got to experience running in the park environment.

Finally race day dawned. In our house, there were three sets of trainers waiting on the doormat and our new Team Regis t-shirts at the end of our beds. We were a bit nervous eating our porridge but knew we had prepared as well as we could. In fact, the only thing we could not prepare for was the blazing sunshine. It didn't phase the children, but it was an unwelcome extra challenge for Laura and me during our 10K race and we were relieved to get to the finish line.

Here's what a few of our children had to say about their experience of taking part:

"Everyone was competitive but the atmosphere was friendly and welcoming. I felt proud of my place amongst so many runners and I couldn't believe it when I found out my time!" Lenny (aged 11)

"It was really tiring but I was happy to finish and the medal is exquisite!" Betsy (aged 6)

"We both really enjoyed running with everyone from school. Best was the lovely peacock medal when we crossed the finish line. It was fun to run." Hollie (aged 8) and Grace (aged 5)

"It was fun. I ran with my friend. I liked it." Toby (aged 5)

"Everyone looked like they were enjoying it. I was really pleased with my pace and time. I liked the machine that gave you times. The peacock medals



looked beautiful." Henry (aged 8)

"Training was good – I really liked the lamp post thing. Just before the start, I was terrified, but doing it was really fun. At the end I felt overjoyed!" Benjamin (aged 8)

"I liked getting my medal and flag. I liked watching Mummy." William (aged 5)

"Before the run started, I was really nervous but I really enjoyed running as part of Team Regis. I was really tired and puffed out at the end but it was worth it because I got a nice medal. I want to do it again next year." Bethany (aged 9)

Our headteacher Gareth Spicer came along on race day to support the team and share in the excitement. He commented: *"What a fabulous sight to see! Happy, determined faces bursting with pride. Golden moment – we are all so proud of you for your efforts."*

We were delighted to welcome 2K race director Gill Fox to our celebration assembly to present the children with their certificates and everyone enjoyed watching the brilliant race video. We are also pleased to have raised well over £1000 in sponsorship (still counting!)

There has been so much positive feedback from parents (both volunteer marshals and parents of runners) about how well organised and enjoyable the event was, with lots of adults and children already keen to sign up in 2019! Watch this space...

Kathryn Roynon
On behalf of Team Regis



Cycling has a reputation of being a specialised sport and needing a lot of expensive gear. Many runners see cyclists as a different breed to them (and vice versa!) and cycling not as demanding – cycling is perceived as less effort than running to runners. However there are a lot of benefits of mixing in some cycling with your running programme/diary.

Cross training

Running has a high impact on the body and, over time, can start creating niggles if running more than 3 or 4 times a week and not strengthening the body in some other way. Cycling is low impact but is a moderate intensity aerobic work out, strengthening your heart without putting your muscles under the strain of 2.5 times your body weight when pounding the ground like running does. It can replace a recovery run, thus reducing 'junk' miles and the aforementioned impact. Spinning classes at a gym can actually increase your aerobic fitness and increase muscle strength, replacing a running speed session.

Exercise during injury

Cycling is a great activity to do if nursing a running injury. It keeps your legs ticking over, at least maintaining the condition in them, if not actually strengthening (high intensity cycling is possibly not ideal, speak to your physio or sports massage therapist if unsure). As mentioned previously, it also helps to maintain your aerobic endurance, meaning that you won't lose as much fitness as

you would just not running. In fact, cycling is great for active recovery as it flushes blood, and therefore oxygen, around the body, promoting the healing process, getting you back to running more quickly.

Muscle building

Cycling helps to build up muscle more than running. Short, intense sprints or hill work really strengthens the glutes, hamstrings and quads whereas running just uses them. However, if you want to become a stronger runner or cyclist then ideally you need to use the gym or have a strength and conditioning programme you can do at home.



Spinning and Cycling

Cycling generally refers to road cycling and spinning refers to a studio cycling workout. Spinning classes are group workouts on stationary exercise bikes. They are of a high aerobic intensity and are a great workout if you're short on time. Spinning can help strengthen muscles and can be a running speed

work replacement. Road cycling is good for building muscle endurance and has the normal benefits of being outdoors and exercising and, often, in company with other people.

For anyone nervous about road cycling, Corsham Cycling Club is an extremely friendly and inclusive club, actively welcoming beginners. For anyone wishing to try spinning classes, Springfield Leisure Centre and The Olympiad have a number of classes on a day. Don't be nervous about trying them, everyone is far too busy trying not to have a heart attack to care about what gear you're in or how fast you might not be going!

Anna Gardiner

Anna Gardiner is a Level 5 Sports Massage Therapist and can be contacted for treatments in Corsham and Chippenham:

www.thetreatmentrooms.info

Sports & Remedial Massage Therapy

thetreatmentrooms

Soft Tissue Therapy includes sports massage; treatment of aches & pains, injuries and trauma from sport/work/life activities; musculoskeletal and chronic conditions; taping, gait analysis, and postural correction.

Available Corsham, Chippenham and Trowbridge

anna@thetreatmentrooms.info / 07515109179
www.thetreatmentrooms.info



On Sunday 29th January 2017, Ron Hill didn't go for a run. Seemingly nothing strange about that, I'm sure lots of people didn't go for a run. However, for Ron Hill it was the first day he hadn't been for a run since 19th December 1964: 19,033 days, 2,719 weeks, 52 years and 39 days.

Ron Hill is widely regarded as the king of Run Streaking, the simple act of going out for a run of at least 1 mile every day at any pace. He broke his sternum in a car crash in 1993, but he didn't break his streak. He had bunion surgery and was in a plaster cast for 6 weeks but didn't break his streak, just used crutches.

During his streak, he represented Great Britain at the 1968 and 1972 Olympics (having been to the 1964 Olympics before his streak), won a marathon gold medal at the 1969 European Championships and again at the 1970 Commonwealth Games where he became only the second man to run under 2:10.

In total, he ran 115 marathons up to the age of 57 in 1996, with 112 of them under 2:50 and he has since achieved a goal of racing in 100 countries before his 70th birthday. He also founded the Ronhill clothing company and many of you probably run in his Hilly socks.

It's fair to say that Ron Hill is a pretty remarkable runner and his run streak never did him any harm.

I've got a couple of friends who are run streakers and I've often found it an odd passion. I've always enjoyed my rest days and thought it was a bit

forced to run a mile (or more) each day, especially if you've done a 100+ mile race in the preceding days. They didn't seem to think it was a big deal or anything special though.

However, that all changed towards the end of last year when my son Oscar, started playing rugby on Sunday. I'd suddenly lost my long run day, yet I still wanted to keep my mileage at a high level. My early morning dog walks, became early morning dog runs, Shadow is a Border Collie so he had absolutely no worries running with me. So, I was doing fewer miles, but more runs.

I kind of fell into the streak accidentally when I noticed one day in the middle of November that I'd run for 14 days in a row, and as a statto, I had a spreadsheet of all my runs since 2008, so I could easily discover that it was a new record for me. Before last year, I'd never reached double figures. I started numbering my runs on Strava and someone asked me how far I'd go. I thought that it would be 20 days as I didn't need to run both days of the weekend.

But now, I'd started collecting numbers and it was quite easy to pop out for 5 miles. Before I knew it, I was looking at how far I could make it. I'd never run on Christmas Day, so I pencilled in the Castle Combe Christmas Eve run as my final day, that would be 49 days. I did complete that doing at least 5k each day, a longest run of nearly 30 miles and 353 miles in total.

And I did take off Christmas Day, Boxing Day and New Year's Eve for a quiet final week of the year. But a new year was a chance to start a new streak. This one ran until a family trip to Disneyland Paris in February, where I said I wouldn't run (unlike Julian and Jo.) 41 days, longest run was 20 miles (on New Year's Day), 291 in total and again, they were all at least 5k, not that I was aiming for that as my daily

mileage.

Returning from holiday, I started my latest run streak on 17th February. This one would include a 45 mile ultra at the start of March, would I be able to go out the day after that? Snow stopped play for the ultra and I never got to find out. It didn't however stop me and the snow runs were absolutely fantastic. Much more fun than just pounding pavements.

Then just 2 weeks later, snow struck again and this time it nearly put an end to my streak. I had been due to take my children to their grandparents while I went for a run and my wife, Tammy was at work. But we couldn't get out. Tammy was waiting for a 4x4 to take her to work at any time, I did the only thing I could, I ran a loop of about 500 metres, constantly going past my house to see if the car had arrived. I was hoping to go for 5 miles or about 14 loops, I managed 4 loops and 1.5 miles but the streak survived.

I reached day 50 and my new record on 7th April. Eventually I got to day 65 at the St. George's 10k, but that was it. I'd been carrying an injury in my Achilles and after 10 miles the day before and then 19 on race day including the 6.2 at 8-minute pace, I had overdone it and I've achieved my first proper running injury in nearly 15 years of running.

I said earlier I'd never really understood run streaking, but having fallen into it, I get it a bit now. I have a bit of an addictive personality and I absolutely love numbers, throw in a bit of opportunity and in some cases necessity and it becomes a perfect storm. It's good fun to get the trainers on for a run every day and a mile doesn't take long, it's a good chance to just have a little me time.

Biggest Regret: Not listening to my body in the week before the 10k, I should have rested sooner. I don't think my streak caused my injury, and in fact I'd say that it made me

stronger in some ways and it never seemed to do Ron Hill (or my friends) any harm. If you do take on a streak, don't get addicted to it though to the detriment of your body.

2nd Biggest Regret: If I'd known that my 65 days would total 499.74 miles, I would have run the extra 400 metres to get to 500. I told you, I love numbers.

Carl Zalek



Being a child of the 70's the term 'streaking' has a particular association with

A) Sport and B) Nakedness

For the purposes of running club I will be focussing on the 'A' rather than the 'B' element! Streaking is a term used where people who (for example) Instagram each other and have to send messages daily – to keep the streak alive. The same applies to running, except more physical exertion is required, and you can do it on your own!

My personal running journey has been one of fits and starts – after each of my three children were born I took part in an 'event' post pregnancy – I think - Great South Run, New Forest Half and a sprint tri in Fleet. Most of my 'training' involved shuffling round going progressively further 3-4 times a week.

When I was living in Farnborough, I had a Canadian neighbour – who was one of life's enthusiasts and my excuse that I had to be back home before Dave left for work, was met with an 'I'm happy to go out at 4/5 in

the morning!' – I pushed to a 5.45am start (it being at quarter to 6 felt later than 5.30!) We ran the New Forest Half together, I remember the ponies running alongside us, a climb out of Lymington onto the moor, a spaghetti bolognese on completion and a silver medal with a pony on it, finishing time – who knows? That period was probably the most disciplined I had been about running regularly, and running with a buddy who I had to call round for made sure I was out of bed and ready to go. Micheline returned to Canada, and we moved to Plymouth. There were a few more 'events' over the years – on average less than one a year, and usually off-road, with a couple of 'race for life' in Portsmouth (Flat and short) .

Fast forward to our move to Corsham – Dave joined the running club and seemed to be involved almost every weekend – I acted as occasional chauffeur when needed and met you lovely lot. I thought I would give Slaughterford a go 2 years in, as I was unlikely to live so close to a race start ever again. I had a training plan, that I kind of followed – turned up and finished in a shade over two hours, but the bug had definitely started to bite (more a virus that was a slow burn). Work hours weren't particularly conducive to getting to club for 7pm, so I continued to 'train' on my own, with no real goal in mind. The summer holidays arrived, and with no more excuses for not joining the club and a drunken Facebook chat with a friend in York I found myself a member of CRC and a promise to run Bovington marathon with an ultra-running school friend. Monies paid and the realisation hit that I really probably needed to train 'a bit'. Internet search found a training plan to follow which had 5-6 training sessions per week – and I made a decision to enter a marathon pre Bovington, as Dave's assessment from the previous year was 'It will just hurt and be long' (I am para-phrasing for

those of a sensitive disposition).

Bovington was accomplished with less pain than expected, and much laughter and chat (those who race hard can look away). That left me with no real plan other than to repeat Slaughterford, and a few other events until about February/March this year. February 28th arrived and Dave said he'd seen a 'Mad March Mile event' – was I interested. On the 1st March I applied to join, via Facebook, all you had to do was run/walk/swim/cycle/crawl a mile a day for the month of March, and add your mile to the day's posts. I started, and having dogs to walk and a puppy who was keen to run, the month started. I 'missed' a couple of days where I only managed to walk a mile with the older dog, but by week 2 I had started to ensure that I ran at least a mile – having a shiny new Garmin to track me also helped. The final week ran from Sunday 25th until Saturday 31st March and I had a long run planned for the weekend. For various reasons I ran much less than I wanted – 10 miles, but I was on holiday for the remainder of that week. A plan was born. Could I run 10 miles a day for the last 7 days? In retrospect 10km may have been a more realistic target but by Wednesday I had clocked up 40 miles, some days running 3 or 4 times to get in the requisite mileage. Day 5 was an away run, where Carl Zalek (King of Stats) asked what had prompted the sudden increase in mileage (previous week was 20 miles, and one before that was 11!) I explained the reasoning and with 2 more days to run completed the 70 miles in a week – however the final week of MMM was a Sunday to Saturday, so I decided to finish on a 100km 'Strava week'.... March was over, could I continue the 'streak'? Did I want to? We went to collect our mugs from the Trowbridge Parkrun and met many inspiring people, all with different reasons for joining, and a splinter group who hadn't managed the MMM, so who started an AAA for

Run Streaking

April.

As I write I still haven't had a day off, it prompted Dave and I to explore Paris before the tourists got going, and run through a relatively quiet city and gardens. The puppy is guaranteed a daily blast, and both dogs get a trot post run, as I am already wet/cold/loving the morning sunshine. There is no target currently – I may need more motivation when winter comes round again and the mornings are dark and dreary. It forces me out of

bed, sometimes it is a 'bare minimum' mile when I am running short on time, other times it is joyous, when Willow (the pup) has springs in her feet and just loves running. Having not yet missed a day I don't know how I will feel, but running daily has been a positive experience, I go to work feeling that something has been accomplished before I set foot in my workplace, even if I'm not back in time for running club. The only downside is that sometimes I feel that I

would like to go for longer, once I've pulled on my trainers....

In summary I would certainly recommend the Mad March Mile to bridge the gap between New Year's Resolutions beginning to fail, and the clocks going forward and lighter mornings rekindling the love of running. If I can do it, anyone can!

Sue Mackie
Proud Plodder and Sloth

Gilwern Grunt

The Gilwern Grunt is an off-road race that takes place just south of Abergavenny on Easter Monday. Organized by Rogue Runs, a charitable description would be "character building".

This year it was touch and go as to whether it would even take place. In the end, because of the treacherous conditions, the event was shortened by roughly 2 miles to 6.5. Even so we had to contend with raging torrents, bog and even snow, in fact there were times when I thought a canoe would be useful!

Having painted that very bleak picture - I wouldn't have missed it for anything. Five of us from Corsham had made the journey over the bridge and we were met at the start by Danny Clenaghan running his last race in Corsham colours. Overall, I think the day was best summed up by Mr Mackie "It's a race that just keeps on giving!"

Steve Hible





The Inaugural Six Nations Run

The format is simple and with handicapped start time it is designed to be as inclusive and competitive for all the runners / drinkers.

1st John Smiths
800 metre loop

2nd Kronenbourg
800 metre loop

3rd Guinness
800 metre loop

4th Morretti
800 metre loop

5th Merlyn Cream Liqueur
800 metre loop

6th Famous Grouse
800 metre loop

I feared that with this type of race we may either kill someone or worse still have trouble from the law. At this point I realised I needed a race director. I scoured the earth hunting, searching desperate for the best, they were all busy so Jon took on the role. We knew that our quizzes have always run like clockwork so nothing would be left to chance, apart from a bottle opener.

With 12 entrants there were roughly 10 more takers than I thought possible.

Sue was first off and downed the Smiths with great gusto, she had a healthy handicapped lead but unfortunately took a right hand turn on a left only loop. It was not all bad news though as Sue's 1 mile pb was smashed. We spend so much money on sports drinks puhhhh its now scientifically proven that John Smith bitter is the best running fuel.

The other racers left in turn and gradually everyone's pace reduced as the drinks took hold. Richard found that on his fifth drink he had a new best friend and sprinted home to find where he could buy up all the supplies of Merlyn.

I have to admit the whiskey really hurt,

just the smell made me feel delicate and in truth if the measure had been any bigger I am not convinced I would have completed the race. Unlike Paul who loved it, the pleasure in his face was a joy to behold.

Gavin won the race and was presented with the prize. What more could you want after having just quaffed ale, lager, stout, whisky, some welsh monstrosity yep you guessed it the prize was Prosecco. Gavin celebrated in a Formula 1 style covering the spectators and runners - glad I got the cheap stuff :). Then shared with the other runners. Well done Gavin and a nice touch!

Thanks to Jon for taking on the role of race director I think you will all agree he did a sterling job. Another thankyou to all those that took part, marshalled and supported.

In work I am told that we have to always measure our performance with KPI's so with this in mind two were set. 1 no arrests, 2 no deaths both were achieved so it must have been a success.

James Lye



Beast from the East 3

Another VLM rejection top in the post - time to sign up to Brighton. A few physical challenges under my belt (e.g. the Lyke Wake Walk, my Nidan (second black belt) and a few 24hr team mountain biking events spring to mind). This marathon malarkey wouldn't be too bad, right? Wrong.

Let's start with the training lows

- The first Group C session I went to after being ill over Christmas - I could have cried at how hard I found it.
- The first 16 mile run hurt - a lot.
- Doing a 20 mile run in the freezing cold that was Beast of the East 2.

And now for the highs

- Max telling me to shut up and run (give or take) on the last climb after the sting on Slaughterford 9.
- A bonus 5 mile trail run in the snow.
- Tapering.

The race itself left me so frustrated, but it's difficult to put a finger on the

cause. Perhaps I just had an off day and it's a shame it was on race day. I hadn't gone off too quickly, I just realised that after 10 miles I wasn't going to have the energy and I don't think the sun was helping either. The good news is 'sensible Jon' sat on my shoulder and said 'just finish it and don't worry about the time'.

The course itself was nice (apart from the hills) with great sea views and the support was fantastic. The only weird bit (other than the frequent smell of doughnuts) was a fairly lonely trip out to the power station where you knew you'd be on the home stretch once you turned around. And then all of a sudden the pier comes into sight. I'd like to say it came with a burst of energy, which would be true if you replace 'energy' with 'determination'. Nearly home. Then a few miles of shuffling later and it was done.

As the days pass my frustration eases and my pride grows. I didn't just run a long way - I ran a marathon. I'm also proud of being a part of the CRC collective, which is such a supportive club who - let's face it - I've not even known all that long. Most of all I'm

proud of the fellow Prostate Cancer UK runners - as a team we have raised more than £65k to date.

Would I run another? I only ever intended to do one of these, but I definitely feel like there's unfinished business out there....

Box ticked for now.

Jon Cruickshank



New Members

Welcome to our New Members

Michael Fisher
Neil Andrassy
Jessica Norman
Paul
Natalie Goreing
Lynda Brown
Megan Grange
Steve Wigley
Jennifer O'Connor
Kate Furneaux
James Shaw
Katie Campbell

Jane Coleborn
Renata McGrath
Chris Cooke
Tom Frost
Andy Sambidge
Mitch
Lydia Corbett
Jenny Liston
David Warren
Kate Fox Evans
Lucy Jaquin
Andrew Wood
Rachel Neville
Virginie Hedley
Bethany Goreing

Jo Body
Michael Fisher
Ade Hurren
Michelle Holford
Ellie Funnell
Leo Davies
Eleanor Keefe
Nick Pascoe
Timothy Wilen
Andrew Main

If you are yet to pay for your membership email Steve:
crcsubs@gmail.com

Bournemouth Half Marathon



The cancellation of this year's Bath Half brought with it a mixture of sadness and relief - sadness that we wouldn't be able to put our training to the test and relief that we wouldn't have to run in the snow. You've never seen so many messages fly around cyber space so quickly as happened after the cancellation as Katharine, Helen, Lois and I desperately searched for another half marathon. We chose the Bournemouth Bay half - we thought April would be warm and sunny (it wasn't), the course would be flat (it wasn't) and we could eat chips afterwards (we did!).

Training for a half marathon over the winter was definitely a challenge but made easier by running with good friends who supported each other through wind, rain, snow, sleet and generally freezing temperatures. I particularly remember one run when even Teddy - who is our staunchest supporter and ally - looked as if he would rather be at home by the fire. Early weekend starts became the norm and powered by a combination of porridge, bananas, gin and prosecco we ran around Corsham and explored the surrounding area. None of us realised, for example, that the

road to Lacock is slightly downhill which means it is uphill on the way back home or that Coppershell is quite as steep as it is. We each had stronger and not so strong runs - but encouragement, gentle humour and friendly peer pressure saw us through. Both the Wiltshire 10 and the Good Friday Chippenham races were great training runs and taught us a lot about running in larger groups.

Race day itself was chilly with a very light drizzle - just right to run in. Lovely to see Becky Drennan and family at the start of the race and to give each other some much needed encouragement. There were four distances to run - 1k, 5k, 10k and a half marathon and I would definitely recommend this event to families who want to participate in an event. Within the first mile there was a bit of a monster hill taking us off the beach front but we were quickly down on the front again and it was lovely to run along on the sea front taking in the sights and sounds. The last 400m seemed to go on forever but support from the crowd helped to dull the pain. This was the longest run I have ever done and I am not not going to pretend it was easy. I did; however,

enjoy it and as two of the reasons I run are to be happy and healthy I count that as a success.

We ended the race with prosecco, the much longed for chips and generally congratulating ourselves on our hard work and efforts. There is no doubt at all that without the support of Lois, Helen and Katharine I would not have trained quite as hard or as frequently. The one regret of the day is that Teddy was not there to share our success.

Lastly, a friend rang up on the way home to congratulate us, tell us how proud she was and that the picture of the four of us celebrating brought a tear to her eye. She said she could not run this far or this fast and she was in awe. My advice to this friend and anyone else who is unsure about taking on a new challenge is to join up with some like minded friends with whom you can share the struggles and good times - it makes the experience so much better.

Paula Lye

We're always excited to see the launch of a new race and when our friends at Calne Running Club launched the Compton Bassett 5 there was a flurry of interest and sign ups from CRC. When I entered myself I thought "Oh, a spring race – that will be something to look forward to weather wise" but on the morning of the day we woke up to very un-spring like temperatures and it was flippin' COLD! Considering many of our runners in the CRC 10k the week before had been boiled alive (ok slight exaggeration but go with me here) it was the cause of much rueful muttering and complaining, but maybe that was just me.

The race itself was extremely well organised, centred around the village hall and with the welcome addition of some extra toilets provided outside for those numerous nervous wee's (again maybe just me). We collected our numbers, took long sleeved tops off, put them on again, took them off, and ended up a very mixed bag of hardcore vest wearers to long sleeve it's-too-bloody-cold-not-to'ers.

Andy Goering started off the "let's all lurk in the bus stop" game, so that kept us entertained in the final few minutes before the race started. It's amazing how bus stop loitering can bring out the rebellious teenager, it very much amused us all (I'm thinking that we maybe all need to get out a bit

more, and I include myself in that!)

The route was flat, the marshalls friendly and it was PB-tastic to a few of us. Thanks to Jane T's plea for cake and fizz we were extremely well catered for post-race – a veritable cake picnic which also included vegan options. Jamie McBrien got a trophy for 3rd place and Alan T-Rex Kember for winning his age category – well done both of you!

Although there was no PB on the day for me I would highly recommend this race and will be back next year!

Finally, thanks to Jon Cruickshank and Veena Harpham for being the only people who laughed at my "Straight Outta Compton" references – it's an old NWA track which has some highly un-child friendly lyrics in, as I was reminded once I'd started playing it loudly in my kitchen, in front of my children.

CRC runners: Jamie McBrien, Craig Rumble, Jon Morrell, Alan Kember, Luke Davies, Marie-Letecia Vinolo-Young, Pete Allen, Nick Maryon, Chris Hunt, Lauren Edwards, John Voyez, Andy Goering, Richard Biggs, Rachael Dark, Claire Hunt, Jane Tunnicliffe, Chandre Hobson, Aimee Gott, Laura Di Pisa, Natalie Inman, Lois Norcott, Kathryn Roynon, Katharine Burrett.

Natalie Inman



The Yorkshire Three Peaks Race; a Grand Day Out

Adventures in Fell Running Part 2

Building on last year's fell running base (see adventures in fell running - Langdale Horseshoe in a previous newsletter), and having not got a London Marathon place, I set my sights on tackling the Yorkshire Three Peaks race in its 64th and my 50th year.

Covering 37.4 kilometres with 1608 metres of ascent over the glorious Yorkshire Dales summits of Pen-y-ghent, Ingleborough and Whernside, with a sporty 3 hour 30 minute cut off at 25 kilometres, the high pedigree race required some dedicated preparation. In itself, this provided some fantastic bonus outings; chief amongst these were the Llanbedr to Blaenafon Fell Race in the Black Mountains of South Wales, a great rehearsal for the main event and one that is definitely on the repeat list for 2019, and an absolutely stunning reconnaissance run over two of the three Yorkshire Three Peaks at Easter (see images below for a flavour).



So thanks to a good build up, greatly aided by some high quality TLC courtesy of Anna Gardiner at the Treatment Rooms, and a sound taper I arrived at the start line in Horton in Ribblesdale in fine fettle and, for me, reasonably confident. A bacon butty and a cup of tea in the event marquee provided good Northern pre-race fodder and a chance for some banter with other competitors, including



Andrew Wood who had also made the long trek North, before retreating to the car for some motivational tunes courtesy of Underworld's 1994 classic Dubnobasswithmyheadman.

Suitably rev'd up, I completed kit check (fell racing rules require all runners to carry waterproofs plus various other sundries) and enjoyed a brief and blunt race brief before entering the start pen and being set on my way with over 750 other competitors.

Having learned the hard way that slow and steady at the start is the way to go I nonetheless charged off with eager and gay abandon (thanks Underworld!) However, sheer weight of numbers, a turn uphill from tarmac on to rougher ground and a check of heart rate caused a slow in pace. With fresh legs and a steady pace up the initial gradual incline towards the summit of the first peak, Pen-y-ghent, I was able to soak up the views and enjoy the spectacle of the lead runners already charging down hill on their way to the second summit. In no time at all the slope steepened for the final climb up to the summit of Pen-y-ghent, which I reached in 45 minutes. That was five minutes ahead of planned schedule, and both worrying and satisfying at the same time; the next few hours would tell if I had gone off too quickly.

The canter down off Pen-y-ghent was fantastic but over all too quickly. From there a relatively flat section on good track and road lead the way to the iconic Ribbleshead Railway Viaduct. On advice from my brother, who had completed the race twice, I consciously took it steady on this section and resisted the strong



temptation to significantly increase pace on the good ground; it was a marathon effort so the half marathon pace whilst possible would be paid for later on. Having passed the Ribbleshead three minutes ahead of schedule one of the "highlights" of the route, the direct approach to Whernside's summit, dominated the view. Suffice to say that it did not disappoint and the equivalent of three or four Slaughterford "Stings" on top of each other left me a little tired and emotional. On the plus side the views provided some distraction and I was now seven minutes ahead of schedule.

I knew from the reconnaissance that the descent from Whernside was a tricky quad burner and therefore took it relatively steady knowing that I had time in hand to make the 3 hour 30 minute cut off at the Hill Inn. Once down in the valley a loss of wind meant the temperature was increasing and the water stop at the Hill Inn was very welcome (but not as much as a pint would have been), and reached twelve minutes before the 3:30 cut off and seven minutes ahead of my schedule; happy days.

Now the real work began and it was a tough haul up towards summit of the third and final peak, Ingleborough. The unexpected and hugely welcome sight of a CRC face, in the form of Di Aldridge who was in the Dales on holiday, provided a much need



The Yorkshire Three Peaks Race; a Grand Day Out



motivational boost. The rest of the climb flew by as a consequence and in what felt like no time at all I was soon on the final summit, ten minutes up on schedule. Some welcome savoury snacks from one of the numerous summit marshals set me on my way for the final downhill section back to the starting point at Horton in Ribblesdale.

"Time spent in reconnaissance" is never wasted according to the Army and this proved to be the case on the final five mile run in to the finish. I strongly suspected that my legs would fade and potentially cramp over some tricky ground; and so they did. Some strong verbal encouragement directed at my misbehaving limbs, and a knowledge from previous long races that keeping moving was better than stopping, got me over the hump and shuffling towards the finish. That duly arrived via a slightly bizarre section



through someone's back garden and I gratefully slumped over the line in 4 hours 52 minutes, which was eight minutes under my five hour target. To put my result in some sort of context, the winner on the day, Tom Owens, got round in 2:49 and the course record is held by English international Andy Peace of Bingley Harriers, in 2:46 and set way back in 1996 (maybe he was driven on by Underworld too.) However, I was more than satisfied having made the cut offs and realised one of my long held running ambitions.

Clearly a race that has been running for 64 years in a location as beautiful as the Yorkshire Dales sells itself; all I can add is that it is a grand day out that exceeded my expectations and I am absolutely chuffed and thankful to have had the health and opportunity to do it.

Dave Mackie

24th May, 2018 

Lovely Bubbly!

Prosecco & Cake Social Run

Broughton Gifford
Meeting at the Village Hall at 6.45pm

A glass of something fizzy for every runner courtesy of the Corsham Running Club.
Cake donations would be gratefully received.

Imber & Millennium Way Ultras

'No, Carl. Never.' That was my response to Carl's question 'Would you fancy doing the Cotswold Way Century at some stage?' When we were manning the Tormarton checkpoint for the race back in September 2015. Fast forward 27 months and my name appears on the startlist for the 2018 edition. Never is a long time as the phrase goes.

So why the change of heart? The answer is probably twofold - I have always viewed myself as someone with a grinding, attritional mentality so flat road 10km races are not going to be my strongest suit and additionally, if I can complete these long races it opens up a vista of events I can be mediocre at rather than stymying myself at the 26.2 distance.

Dan Harman and I completed Meriden as my first ultra in November last year; after completing 75+ miles in 24 hours I thought that tagging another marathon distance on and rounding it up to 100 would be a fair aim. Plus, if you are going to fail, it might as well be somewhere picturesque like the Cotswolds, rather than in a housing estate in Frome.

To this end, I have raced two ultras in preparation this year, the first one being Imber in March, organised by Avon Valley Runners. Starting at the Leighton Leisure Centre in Westbury, it begins and ends on the White Horse Gallop route. Otherwise, the 33 mile course follows the Imber Range Path, the first half being hilly, the second much flatter including a lengthy road section. Five checkpoints are stationed at fairly regular intervals. I plodded round in 6 hours 7 minutes, good enough for a top half finish but over 2 hours behind James Donald who led home a Team Bath 1-2-3. A goody bag including an Avebury 8 type mug was the reward for completing the course and for £33 (a pound a mile) a good value event that I would definitely eye up to try and dip under six hours next year.

Due to no fault of the organiser, the medals for the Escape from Meriden were delayed but as recompense he offered a 25% discount on one of their other events, the Millennium Way (Back) Ultra. Sadly, that lulled me in to entering. Poor discipline. Anyway, the basic cost (including coach travel from the finish to the start) was therefore cut to £19.50. Medals and/or T-shirts were optional so for the sake of an extra fiver - bringing the cost to £24.50 for a 41 mile race - I bought a medal (that would only be provided on completion).

The Millennium Way is a national trail set up to celebrate the Millennium; it starts at one end of Staffordshire - in my case Burton-on-Trent - and ends at the other; Newport on the Shropshire border. Essentially you park your car, take the coach to a spot 41 miles away and run back to your car! (I have never been so glad to see my clapped out Ford Focus!) The event is run twice (once in each direction) and an interlocking medal is available if you complete both races. The route is extremely flat; 6 or 7 miles of running by a canal gives way to 9 miles of ploughing through farmland before it is back to the canal with a short break while you negotiate Stafford town centre. The final 11 miles or so follow a cycle route before the last mile or so negotiating Newport.

At Imber, I encountered a flat spot at around 19 miles and was forced to stop for a short time before managing to complete the remainder of the race. The same thing happened at the Millennium Way Ultra but wise words from experienced runners informed me that such periods were not uncommon and indeed should be expected. Knowledge is power so the saying goes and I found it to be definitely true in ultra running. At 20 miles in the Millennium Way I felt a bit low but told myself

to take a walking break (after all it is still forward progress) and sure enough after a mile I felt much better. Breaking the event down into more manageable chunks works for me too. The three checkpoints were evenly spaced at 10 mile intervals and then further breakdown to the next terrain change (and on the cycle route the next bridge!) meant that in my mind it was something like 8 lots of 5 mile mini-races.

My aim in ultras is to complete first and worry about position later. I have found it helpful to laugh and share a joke with fellow competitors; finishing just above halfway in these races is not going to win prizes and although the inner competitiveness wants me to finish as far up the field as possible, it is much more a feeling of 'we are in this together' and a mutual respect that someone else is as crazy as you are! The last 11 miles in the Millennium Ultra along a vast cycle route where you could see far into the distance led to comical situations; I saw someone walking ahead so easily accounted for him by running past. That is, until my left groin cramped up reducing me to a walk. As he trotted past having regained a bit of impetus he whispered to me 'I really hope they are not filming this - we would be an absolute laughing stock'. The run for a bit - (left) leg cramp up - walk - run for a bit - cramp up again - walk strategy seemed to be the lot for a good number of us, much to the amusement of cyclists and other passers-by, although in fairness many people seemed to understand what we were doing and were very encouraging. Eventually three of us were left fighting it out with the clock to beat the 9 hour mark; on Strava we might have done it, officially the times were 8:58 and 9:01. It did not matter, just having the number to fight for kept us going through the final arduous miles. Lee Edgington won the event in a time of 5 hours 40, nearly 30 minutes clear of his nearest

Imber & Millennium Way Ultras

pursuer.

The Millennium Way Ultra was a highly satisfying race that gave me enough confidence to think that the Cotswold Way Century is still worth a go. The organisation, marshalling and checkpoints at both events were very good although trekking two hours up and back down the M5 to take on the Millennium Way might be too far

(unless like Jane Clarke you happen to have been born in one of the towns on the route and want a nostalgia trip!)

However, I would consider Imber ideal for a first time ultra runner. A low key, local race run by one of our neighbouring clubs so the likelihood is you will know some of the route (or can easily recce it) and someone either taking part in the race or helping

to organise it. Plus there are five checkpoints of chocolate, cake and crisps! It is like eating comfort food for several hours with slow running breaks to offset it knowing your weight will not take a turn for the worst. I cannot wait for the next one.

Stewart Unsworth

ROSIE'S RAINBOW RUN & RIDE

SUNDAY 10TH JUNE

AROUND THE 3K CASTLE COMBE RACE CIRCUIT SN14 7EY

FROM 1.00PM

WEAR BRIGHT RAINBOW COLOURS!

1,000 tickets only

£5 RUNNERS AND RIDERS
£3 SPECTATORS
£17 Family (of 4) advance saver ticket (not available on the day)
Under 2's FREE

All funds raised will go towards funding placements for children at Springboard Opportunity Group. Full information can be found at springboardchippenham.co.uk/events tickets can be purchased from Eventbrite

1pm Arrival and registration
1.50pm Warm up
2.00pm - 3.30pm Rosie's Rainbow Run
3.45pm - 5.45pm Rosie's Rainbow Ride
Stalls to close from 5.30pm
End 6.00pm

STALLS & FUN STUFF

- Raffle
- Inflatables zone (included in the ticket price) with large double slide, under 5 play zone, assault course
- Emergency vehicle(s)
- Beat the Goalie
- Hook a duck
- Rainbow sand art
- Face painting
- Roses for Rosie sale
- Live entertainment including viva vocals choir
- Refreshments - sweets, ice cream, burgers, drinks
- Yeo Valley Ice Cream Van!

THANK YOU TO OUR SPONSORS

GOMPELS one stop Avonmead ACCOUNTANTS OTTERS SWIM SCHOOL SP4SPORT Yeo Valley Running Club CORNHAM Running Club DIRECT CHIPPENHAM & COLE LODGE

Springboard Chippenham is a registered charity No:1010231