



# Monthly Newsletter

[www.corshamrunningclub.co.uk](http://www.corshamrunningclub.co.uk)

Edited by Brian Gibbs Dec 2011

**A very Happy Christmas to all CRC Members and Visitors**

## From The Chair

(Simon Scott)

Well, here comes Christmas and a real flurry of Club activities is upon us, Brekkie Run on the 11th, head torch run and chips on the 22nd, the Castle Combe Mince pie run on the 24th and for those who wake up in time – the Slaughterford outing on Boxing Day; but, you knew all that already! So why did I go through them again?

I have now spent several hours with a wet towel round my head trying to work out the themes from the members survey we have been running for the last couple of months. As you probably remember the survey was undertaken because the Committee were unsure that the Club was actually providing the membership with what they needed. Although I have yet to write up the results in a sensible form, it appears that we were worrying needlessly. At about 20% of the membership the number of responses was actually a little higher than marketing gurus would have expected, if lower than we really wanted; broadly they suggest that in terms of both the running programmes and social events the committee are getting it mostly right. There are some things that people would like to see, particularly with regard to coaching/advice/mentoring, and now that Karen FD has completed the Leadership in Running course, and given some thought about how to apply what she has learned, this will start to appear. So from my perspective it was a worthwhile activity and it has given us some things to work on while making sure we don't lose the things that drew people to the Club in the first place; a big thank you to those of you who took the time to reply.

And now to a plea..... we have 2 Committee members who have decided that it is time to step down at the AGM, I shall thank them properly later, what we really need is a volunteer or 2 to join us. It is not an onerous responsibility, honestly, and we are not looking for you to commit too much time and effort, well not to start with anyway. If you think that you would like to be involved in some way with the running of the Club please just stop one of the Committee and find out what is involved.

So that's the last offering for 2011, hopefully you will all enjoy the events planned over Christmas and all that's left is to wish you all a peaceful Christmas and a very happy New Year

## One Mile Club

(Humphry Barnikel)

As expected, numbers for the One Mile Club have decreased after the burst of attendance when we restarted in September. We now have 35 to 40 running each week and it is a much more manageable number. In the past month we have done two speed work sessions and two runs; one of which was the very successful 'Spooky Run' for Halloween. The older children decided to run along the very dark footpath without using their torches. We have found a new route which also involves running along a dark and winding path behind the houses and was much enjoyed by the children. We have received the first instalment of £250.00 from the Corsham Town Council Finance Committee and have already bought some new T-shirts.

This month six 10 mile certificates have been awarded, two T-shirts (15 miles) and two 20 mile certificates. There have been two special achievements: Emma Sapiano received her 75 mile certificate and medal and Simon Hible received his 125 mile certificate. Congratulations to all of them.

## Three Mile Club

(Brian Gibbs)

There's little further to report about our Tuesday night 3 mile sessions. Numbers vary erratically, and the mix of runners consists of those trying to improve their speed & distance, and more mature runners who have been suffering an injury of late. Others occasionally join us because they simply don't feel like doing 5 or 6 miles, tempo or hill reps! They're all welcome in any case!

## Winter Brekkie Run

(Humphry Barnikel)

The Breakfast Run based on the Quarryman's Arms at Box Hill has been arranged for Sunday 11th December. The cost is £5.00 and includes tea or coffee and a cooked breakfast. Please let Humphry Barnikel know if you wish to attend and give him the money as soon as possible (don't forget to say if you are vegetarian). Exact timings to be announced before the day.

There are 2 main routes and a shorter walkers route. Maps can be found on our website. Please print your own if required.

[5 miles](#)    [8.5 miles](#)

Here's wishing all our readers  
a very **HAPPY** and injury-free  
**NEW YEAR!**

## Skittles Evening

(Humphry Barnikel)

This took place in the Community Centre on Friday 11th November. Forty-one people consisting of members, their families and friends attended and we all had a very enjoyable evening. The children were most helpful in setting up the skittles. We split into four teams and had a match and then played the keenly contested 'Killer' in which everyone pays £1.00 to enter and has three lives. Jane Tunnicliffe was on cracking form that evening and walked away with the jackpot. As arranged, everybody brought food to share and it always works out well. We also enjoyed the very cheap drinks from the Community Centre bar.

## Some upcoming local events for your diaries:

**Sunday 12th February – The Wiltshire 10 Road Race at Melksham**

**Saturday 19th May – The Shaw Stampede 10K**

**Tuesday 12th June – The Melksham 5K**

**Thursday 28th June – The Great Chalfield 10K at Broughton Gifford**

**Saturday 7th July – The Avon Valley Relay – 18-miles in four stages from Melksham to Winsley**

**Sunday 26th August – The Foxtrot 5 at Broughton Gifford**

**Sunday 16th September – The Melksham 10, incorporating Wiltshire county championships**

**Sunday 4th November – "Over the Hills" at Bradford on Avon**

## The Achievements of John Reid in 2011

(John Reid))

Well what a year it's been. My first full year doing competitive Triathlons, a truly brilliant event. Open water swimming has been a revelation for me. It only took me 50 years to learn to swim, now I can't get enough of it. I did my first Olympic distance where I swam in the sea. What an experience.

On top of all that I decided to do the full distance (97 miles) for the "Wrong way Round" cycle race from London to Yatton Keynell. The training weekends building up for it were great. My fellow cyclist were a brilliant bunch, we had such a laugh. We were so blessed with the weather. Highlight of the training was tea and cake in Tetbury during one of the hottest days.

As I said the weather was kind to us warm and sunny. However no one had any idea how that would change so appallingly on the day. It turned out to be the wettest and windiest day of the year. Yet we all bar one completed the distance and survived to tell the tale. However the scary A4 has put me off doing it again next year.

About halfway through the year it suddenly dawned on me that during my training for the Tri's & taking on the cycle event I had swam & ridden a bike further than I had ever done before. A crazy notion then entered my head. What if I run the furthest ever then I would have done all three in the same year. Great idea I thought. Well a Marathon was the furthest to date so I thought lets do 27. I mentioned this to my running buddies and of course as you would expect they thought I was mad but being great friends they decided to support me.



It was now July & I decided near the end of year would be the ideal time as it would give me plenty of time to train (ha, ha!).

I pencilled in my diary the 27th of November and got on with the rest of life. The coming months I was plagued with an Achilles injury preventing me building up my speed and endurance and before I knew it November had approached and I had done little or no training. The longest run I had done for six months was 13 miles. Undeterred I decide to run 18 miles that Sunday (one week before the big event). Why 18, well it seemed a good distance to gauge my fitness .

The run went well giving me confidence for the " big day". The final week I cut down on some cross training but I ran my usual Tuesday & Thursday runs. Come Friday I had developed runners syndrome, which for the uneducated are bouts of imaginary injuries & illnesses.

The weather forecast was not very inviting. Strong winds and rain, but hey what the hell I can't back out now not after telling most of my friends that I was going for it.

The plan was for me to do two legs. One of 13 miles and one of 14.

Robbie and Cheryl started the first leg with me and said "Bon Voyage" after 6 miles. I was to be met & joined by Jo, Sarah & Pierre who would run the second 14 miles with me. My big mistake and I suffered for it later on was to meet my running buddies at a set time to start the second leg. I started leg one later than i had planned and to make up time I ran much faster than I would have liked. When I started leg two I had taken a lot out of myself and after 7 miles my body started to really suffer. Stuart Henderson appeared when we were on mile 20 and joined the support crew.

If not for my truly amazing running buddies & that includes Cheryl & Robbie I would not have crossed that 27 mile line. I did though, and it was worth every painful mile.

What for next year? Well I've entered my first Half Iron Man on the 24th of June & training starts now.

### Last Months Puzzle

The puzzle didn't turn out to be as easy as I had hoped last month. The scene depicted is part of a painted wall at the lower end of Potley Lane, at the side of a footpath leading through to Pockeridge Rd. This one is right 'in yer face' and is easily visible from the main road along which we often run, just close to Potley bridge.

**The following came up with the correct answer:-**

Dave Hearne, Alex Fogwill, Jane Tunnicliffe, Karen F-D, & Cheryl Reid. Well done, and many thanks to all those who had a try this time.

### This Months Puzzle Pic.

How about this one? This small iron gate is little used, if at all, and is very prominently located in the Town, but where exactly?

Answers please to [brian15@hamfist.co.uk](mailto:brian15@hamfist.co.uk)

## Puzzle Pic



## Getting to know you – Karen Littlechild      CRC Ladies Team Captain

I was born in Bath and moved to Corsham when I was 5 years old. During my time at Primary school and Senior school I loved doing PE. I was in the netball and Hockey team, enjoyed playing tennis and running. When I left school I took up squash and this led to playing for the county. After having Jade (11) I started running to help shift the baby weight and I was hooked. I am married to Matt, we also have a son called Miles (9). Matt and I run a garage in Corsham. I love socializing and meeting people.

We also asked Karen 10 questions which have been asked to all others in this feature.

### Who is your sporting icon?

Paula Radcliffe

### Best Book?

I don't have a best book, I enjoy reading autobiographies and true life stories

### This week I have been mostly listening to?

Radio 2

### Most bizarre running experience?

Running with Dave H & Alex F through a field covered in snow and full of very friendly sheep!

### Top Running Tip?

Do it regularly

### Favourite cake?

Carrot cake with loads of topping!

### Top tippie?

Prosecco with a little cassis

### If I won the lottery I'd .....

Share it

### Favourite Superhero, and why?

My husband!

### Favourite Holiday destination?

I don't have one, but I love walking in Cornwall, Skiing in Switzerland and a relaxing holiday in the sunshine, all enjoyed with family and friends.



Karen at Bath Abbey - relaxing at the end of her leg of the Cotswold Way Relay June 26th 2010

## "Getting to know you"

Above is a good example of a personal profile of one of our Club members. We have been running the 'Getting to Know You' series for just over a year now, albeit not every month. So far, we have chosen to put the same set of ten questions only to the Club Committee, as we thought they'd find it harder to refuse! (or even resist! Ed.)

Anyway, we have finally run out of subjects from that source, so we are having now to open the thing up to everyone else in the Club. Ideally we'd just love it if one or two of you guys responded voluntarily. We'd send you the questions and all you have to do is answer them in a fairly light-hearted sort of way, and provide a photo of yourself. You'd appear in the monthly Newsletter in a flash. Easy!

Having got the ball rolling, I think it'd be a great pity to have to discontinue this activity, because it will certainly enable all our members more easily to put names to faces on Club nights, especially the newer folks in our midst.

Please give it some thought, even make it one of your new year resies! We'd be thrilled skinny to see who comes forward first. Please reply to the following address in the first instance. - Many thanks Brian Gibbs

[Please Click here](#)

Don't Miss our

Sunday 11th December



# WINTER "BREKKIE" RUN...



8am for 8:15

Meet in Pub Car Park

Please share transport where possible

**The Quarrymans Arms** have again agreed to feed and 'water' us this year  
The 5 & 8.5 mile routes take us into the lovely Bybrook valley at first, the longer route being the more hilly of the two. We are also planning a shorter walk route for any guests wishing to join us.

[5 mile Map](#)

[8.5 mile Map](#)

## A Christmas Puzzle

These are cryptic clues and all the answers are something to do with Christmas. The numbers in the brackets give the number of letters in the answer. There is a prize for the first set of correct answers sent to [humphry.barnikel@btinternet.com](mailto:humphry.barnikel@btinternet.com)

1. A fir for Noël (9,4)
2. The war mixed up on the door (6)
3. Cheek from the bakers? (5,5)
4. A heavenly guide or a leading lady (4)
5. Can and French salt on the tree (6)
6. A country and a bird (6)
7. You are mad if you pull these (8)
8. Found in dogma given to the wise men (4)
9. Twelve o'clock weight (8,4)
10. Her sheds unusually includes the head of pig, yet they are caring people! (9)



The bonus question:

Fog and the French digit. (9)

You get a big kiss if you solve that one!

Many Thanks Humphry

## Dates for your Diary

December Brekkie Run @ The Quarryman's - Sunday 11th Dec

Off-road Torchlight Night Run - from Club - Thurs 22th Dec

Christmas Eve Mince Pie Run Castle Combe (top CP) 10am

Boxing Day 'Recovery' Run. Meet in layby at top of Box Hill 9:30am  
Slaughterford 9 route (+ a shorter route available)

AGM and Quiz-night - Community Centre 20th Jan

Please let us know any further useful dates for posting here in the coming months  
Email:- [crcadmin@corshamrunningclub.co.uk](mailto:crcadmin@corshamrunningclub.co.uk)

**Forthcoming Events** Items marked thus are in our Championship Please see our [Website](#) for full details..

26-Dec-11	Mon	Stoke Stampede 10 K Boxing Day Run
27-Dec-11	Tue	Plain Crazy 12 mile Entries close 16th Dec!
08-Jan-12	Wed	Gloucester New Year 10mile road race Severnvale Sports Centre
15-Jan-12	Sun	Rough 'n' Tumble 10
29-Jan-12	Sun	Skyline 10Km Series MT Bath University
05-Feb-12	Sun	Longleat 10k
12-Feb-12	Sun	The Wiltshire 10 King George V Playing Field, Melksham
19-Feb-12	Sun	Easy Runner Tough Ten Challenge 11am 10 mile multi terrain
26-Feb-12	Sun	The Terminator Pewsey Vale RC
11-Mar-12	Sun	Bath Half Marathon 11am
01-Apr-12	Sun	Rotary Club of Calne 10km Fun Run Bowood House
15-Apr-12	Sun	Frenchay 10k Road Race
22-Apr-12	Sun	Corsham St George's 10k and 2k Fun Run Corsham Football ground, Lacock Rd.
19-May-12	Sat	Shaw Stampede 10K
20-May-12	Sun	Hogweed Trot 10k
26-May-12	Sat	World Trailblazer - Forest of Dean 10K
03-Jun-12	Sun	Plymouth Half Marathon
05-Jun-12	Tue	Melksham 5k 7:30pm Christie Miller Sports Centre
26-Aug-12	Sun	Foxtrot 5 Broughton Gifford
09-Sep-12	Sun	Votwo Kamikaze Adventure Run 8 or 4 miles XC runs 10:30am Bridport Dorset

**Items for the next Newsletter by 31st Dec - Please**

This Newsletter will normally be published at the beginning of each month. Items you wish to be included should be sent to The Editor by the end of the previous month - Send articles to:- [brian15@hamfist.co.uk](mailto:brian15@hamfist.co.uk) Tel. 01225 810621

**CRC Email to the Committee should be addressed to:-** [crcadmin@corshamrunningclub.co.uk](mailto:crcadmin@corshamrunningclub.co.uk)