

A very warm welcome to all new CRC Members

From The Chair

(Simon Scott)

Well it appears that the cold winds and ice mean that winter has finally arrived, which seems a bit odd as the evenings have definitely started to become a bit lighter it's really just a bit confusing.....

Anyway, thank you to those of you who turned out for the AGM, I hope you had a good evening, even if it involved having to listen to me all night! Details of the past season and the Committee appointments will be covered elsewhere I'm sure, but I did say that I would include the results of the questionnaire in this edition of the Newsletter and here they are.

What is probably most striking is that people are broadly happy with the ethos and structure of the Club and I must admit this was something of a relief for the Committee. There was a fear that the summer slump in club attendance, linked to falling numbers in the Club Championships, was an issue that required fixing. As it is we have engaged in a bit of tweaking which we hope has improved things a bit and the boost in numbers over the last few weeks suggest that it has; however, we are not a complacent bunch so if you have a suggestion for something we can do to improve things then please let us know, grab one of us at a club evening or just fire an email into CRC admin and that should do the job.

Hopefully I should be able to return to some more random musings over the coming editions, I feel it's all been a bit serious of late, in the meantime please enjoy this bumper edition of the newsletter so beautifully put together by Brian.

Urgent Request

The Club has an inflatable gantry which we use at events. We are currently limited on its usage as we don't have the regular use of a generator. Does anyone have (or know where we could borrow) a generator that we could use for events such as Springfield 5K? If you can help, please contact me, either in person at Club, or by email.

karenfdavies@btinternet.com

SEE

Club Kit Ads
on back pages



One Mile Club

(Humphry Barnikel)

When I worked out some statistics for the AGM, I was pleased to find that we had averaged an attendance of more than 45 runners per session throughout the year. That was helped by the record attendance of 66 on 12th October. However, the last session before Christmas is usually poorly attended because there are so many school commitments that week. True to form, we had only 18 runners on 14th December.

Knowing that that might happen we had the Christmas Treasure Hunt the week before and, as usual, that was a popular event. In spite of the dark evenings, numbers have held up well since we restarted in January. We have done some runs and some speed work. It is more difficult to provide variety in the winter months but we ring the changes as much as we can.

Christopher Sapiano is congratulated on receiving his certificate for 125 miles and Hilary Nugara received her 50 mile certificate and T-shirt. We have also given out five 20 mile certificates and three 15 mile T-shirts and three 10 mile certificates. Jade Littlechild is close to getting her 75 mile medal and is running enthusiastically. We have had an influx of keen young runners so it is good to see that the future of the club is assured.



Christopher Sapiano receives his 125 mile Cert

Three Mile Club

(Humphry Barnikel)

We have some regulars for this group which operates on Tuesdays. There are also some who join us when injured or who are needing a shorter run that day. It is good that two more young people have joined the group Ben Musson and his father have come up from the One Mile Club. Also, Charlotte Bailey has joined in order to do the Physical Activity for her bronze Duke of Edinburgh's Award.

We continue to operate a 'run back' every half mile so that the group stays together and nobody gets left behind.

We have missed Brian who has been injured and hope that he will be better soon. We look forward to being able to do some off road runs when it gets lighter.

Membership

(Alex Fogwill)

Okay everyone, get your money out!! It is now time to pay for your membership of our great Club for 2012. Those of you who have been members for a while know the canny move is to get in early and receive a **£5 discount** on the membership fee of £20. If you pay before the end of FEBRUARY this fantastic deal is yours!

All you need to do to join, or re-join our brilliant club is to download the application form on the website and give it, plus the appropriate fee, to any Committee member, or post it to me at:

53 Brook Drive, Corsham, SN13 9AX

Safeguarding

(Karen F-Davies)

Clubs are now encouraged to have a Safeguarding Officer. I have the required level certificate and so have been appointed as the Safeguarding Officer. If you have any worries or queries, then please do not hesitate to contact me in private at club meetings or by email.

There are three main functions for a safeguarding officer:

- Act as an advocate for and on behalf of children and vulnerable adults
- Oversee the preparation and implementation of the child protection or vulnerable adults policy (safeguarding policy), ensuring it is regularly reviewed
- Act independently in reporting concerns of abuse to the statutory authorities (Children or Adult Social Care or the Police).



Here we go again. The 10K this year will take place on SUNDAY 22 APRIL, and will once again be complimented by a 2K Fun Run organised by Humphry. Forget the London Marathon on the same day. Corsham is the place to be!

Our 10K continues to get better and better. Last year we had 839 entrants. Just think about that for a minute! That's a lot of people running down Lacock Road achieving personal goals and raising money for charity. This year promises to be an even better experience for those that do run it.

We have the famous Finish Gantry and Chip timing to give a professional feel to our race, plus we have the great atmosphere of the start area where BBC Wiltshire Sound will be present, and a warm-up prior to the start provided by Fitness First. The race will be got underway by our local Member of Parliament Duncan Haimes who will also be running and presenting the prizes. There will be a great goody bag organised by Karen Littlechild and a commemorative Corsham

10K Diamond Jubilee Mug to be given away. This year the goody bags will be bagged up first to speed up the collection process. Lesson learned!

We are lucky in that the Rotary Club provide a lot of administrative support to this race and use it as their major fund raising event of the year. A key bit of support that they provide is to do all the marshalling, so that frees up a lot of our members to actually run the race, so long as we first have 12 volunteers to help with the registration process. Last year we had Pacers for the first time, one each for 45, 50, 55 and 60 minutes. These guys managed to go round in exactly the time required carrying a symbol with the expected finish time for people to keep up with. This proved enormously popular and once again the Corsham 10K is leading the way with innovative improvement.



This year we will have the Corsham Wind Band performing at the War Memorial to add a brilliant atmosphere there, and there will also be cash prizes for the winners.

So come on, shake a leg and let me know that you want to be part of this tremendous spectacle that is the Corsham Running Club's prestigious event of the year. Roll up Roll up! Just send me an email (even if you've already told me 'cos I'm getting old now) to confirm your interest in helping. If you want to run as well as help let me know for planning purposes.

My email is alex.fogwill54@gmail.com Thanks in advance everyone!!!

— Puzzle Pic —

Last Months Puzzle

Decembers puzzle picture proved to be more popular than of late, and was correctly answered by more folk than usual. It was, of course, the dis-used iron gate-way into the Cricket Field, just opposite the War memorial.

Correct answers came from:-

Cheryl Reid, Steve Hible, Karen F-D, Jane Tunnicliffe, and AVR's Darren Wrintmore. Well done you all!

This Months Puzzle Pic

Here's another easily seen feature, any idea where in Corsham this might be?



Answers please to brian15@hamfist.co.uk



Diane Aldridge & Pete Allen receive Club Championship Cups and Carl Zalek gets the President's Award this year



Ian Moore, Paul Raithby and Christine Moore in the Slaughterford 9 - Jan 29th 2012

Photos: Alex Fogwill (above) and Diane Aldridge (below)

Answers to the Christmas Puzzle

(Humphry Barnikel)

I received six sets of correct answers to the puzzle and some others that were almost correct. Jane Tunnicliffe was quickest off the mark and won the prize which was a tin of chocolates.

The answers were as follows:

A fir for Noël - **Christmas tree**

The **war** mixed up on the door (anagram) – **Wreath**

Cheek from the bakers? – **Bread sauce**

A heavenly guide or a leading lady – **Star**

Can and French salt on the tree – Tin sel - **Tinsel**

A country and a bird – **Turkey**

You are mad if you pull these – **Crackers**

Found in dog**ma** given to the wise men = **Magi**

Twelve o'clock weight – **Midnight mass**

Her sheds unusually includes the head of (**p**)ig, yet they are caring people! (anagram) – **Shepherds**

Bonus question;

Fog and the French digit – Mist le toe – **Mistletoe**

You get a big kiss if you solve that one!



Quiz after the AGM

Dominic kindly provided the quiz again and Simon Scott took on the unenviable task of being quizmaster. As usual, the quiz was fairly difficult but most of us did quite well on the picture round showing that we know our cartoons and children's programmes quite well. Different teams showed their strengths in different rounds and our team seemed to be good at 'Jacks' but bad at 'Family Fortunes'. Congratulations to John Reid's team on achieving an impressive score and winning the prizes.

Getting to know you – Jane Tunnicliffe

I am Jane , married with 3 boys, Ed (21) Will(19) and George (17). I moved to Chippenham when I was 7, spent a short time living in Whitley and returned to Chippenham in 1985. I loved team games at school especially hockey and disliked cross country running so much that mum wrote notes for my PE teachers to excuse me from running. When working at Copenacre I was persuaded to play hockey for Corsham.

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

Who is your sporting icon?

I don't have one, but I could say Linford Christie- must be the lycra!!

Best Book?

'Misery' by Stephen King and children's book 'The Little Mouse', 'The Red Ripe Strawberry' and 'The Big Hungry Bear' – it's a great bedtime story and the illustrations are fantastic.

This week I have been mostly listening to?

My dogs barking at every shadow they see through the front door, and my boys asking 'what's for tea' – well maybe not listening to the boys just hearing them.

Most bizarre running experience?

Using my body as a human shield to protect one of my friends from a herd of inquisitive cows! You know who you are!

Top Running Tip?

Get advice from Karen F-D, she's been on a course.

Favourite cake?

Not really a cake lover - love homemade shortbread biscuits

Top tittle?

Pimms, and homemade sloe gin but not mixed obviously

If I won the lottery I'd

Be speechless - quick, buy me a ticket!

Favourite Superhero, and why?

Robin- it must be the tight pants again

Favourite Holiday destination?

The lake district with friends



An Alternative Christmas Run

(Sarah Moore)

Regulars to running club will know that I had niggling war wounds from years of ballet dancing hindering my running towards the end of last year. I was all geared up and decked out with a tinsel head-band ready for the Christmas Eve run at Castle Combe. I arrived at the "walkers car park" on what was quite a chilly, windy December day. The run started down the hill from the car park and cut off along a road on to a muddier track. At that point I slipped a little and realised that I ought to stop as my hip was hurting. I told fellow runners I was heading back but didn't think about the key that I needed to get back into the car was now heading across the valley in Ian's pocket! - He no doubt thought he would get back before me because he runs faster!

Back at the car park I soon realised it was just too cold to stand and wait for up to an hour dressed in my running kit, so I walked down into the village in search of a tea room. Fortunately the Old Refectory Tea Room had opened on the off chance. I rang the bell then had to explain my reason for being in lycra, shivering and having no money with me! The owner was very understanding and accepted that once I could get back into the car I would return to pay for my coffee. I was invited in to enjoy my drink by a lovely roaring log burner and read an entertaining copy of a Good Housekeeping annual of pre war years. I was shortly joined by the local farmer who arrived in his tractor delivering the winter supply of logs. These were soon off-loaded, then the farmer, the owner and I sat having a lovely chat in the tea rooms, eating mince pies, drinking coffee, with christmas carols playing in the background. Time flew and before I knew it the hour was up and I had to head back up to find the others (who had no idea were I was). On leaving the owner said that the coffee was 'on the house' and wished me a happy Christmas. When I reached the car park the mulled wine was flowing and mince pies being enjoyed. I had a lovely warm time in the Old Refectory Tea rooms., a very homely, cosy and welcoming place where I think I could definitely enjoy a cream tea in the summer and who knows you may too?

One Mile Club - an unusual night out

(Brian Gibbs)

It never ceases to amaze me what activities can stem from lending a bit of a hand with CRC's One Mile Club. This time it was a call from Club Member Allan Cox to help organise a surprise birthday present for his daughter Zoe. Allan had remembered a trip we'd made some years ago into the local stone mines on Box Hill, and thought it'd be a super idea to take a group of Zoe's young friends from OMC, together with their fathers, into the mines for a short exploratory trip.

As it happens, my Son, David and others, had spent a good deal of their venture scouting days abseiling into Box mines, and then finding their way out again, only to repeat the exercise over and over. This gave David a love of dark places in general, which went hand in hand with our then caving activities on the Mendips. He became very knowledgeable about Box Mines and the miles of passages there-in. He was the obvious man to lead our proposed expedition which took place last Friday.



Right of tree: Amy & David Gibbs, Maddy New + Graham, (OMC) Zoe Stansfield-Cox + Allan, Oliver Dickinson + Jamie, William Richie + Stuart
Photos BG



Horseshoe Bat

The venue was to be the Quarrymans Arms car park, for which we had asked permission beforehand. It was my job to lead our group, about 12 in number, to the entrance, locally known as the 'Back Door', after which David was to take over our navigation into, and more importantly, back out of the mine. We were well aware that most of our group had never set foot in a stone mine in their lives, let alone the young ones among us. Nothing heroic was therefore planned for this trip!

So, kitted out in old clothes, good boots and adequate hard hats and lights, we set off along the narrow passes towards the 'Catherdral' a huge cavern about 100ft high. En route, we encountered a large number of hibernating bats, hanging from the roof and walls of the passageways. These were the rare 'lesser horseshoe' variety, and were definitely *not* to be disturbed. I'd never encountered so many bats in this mine in all the visits I'd made there. The mine is normally gated and locked, but the 'key' is easily obtained locally, subject to a cash deposit.

Following our visit, we found ourselves in the Quarrymans for some fizzy drinks and a few packets of crisps etc. The kids really enjoyed their trip underground, and although adventurous, were on their best behaviour. I'm glad to report that the trip was a success, and everyone in our party seemed well impressed, some even talking about doing it all, and more, again at some stage. I have to say, it was our pleasure to be able to give them a bit of an adventure, and for young Zoe, it was a lovely birthday present.

Don't Miss our

Sunday 25th March

Spring "BREKKIE"
RUN ...



Meet in Pub Car Park

8.00am for an 8.15 start Please share transport where possible

our hosts will be The Inn at Freshford this time

We shall be subsidising the event so it will cost members £5.00 for juice, cooked breakfast, toast, tea/coffee They can also do vegetarian alternative where required (Non-members will have to pay full price which is £7.50)..



Corsham Running Club Members Survey - Results

1. What drew you to joining Corsham Running Club and what keeps you as a member?

The general consensus was that we joined either by recommendation, we knew someone already in the Club or because they wanted to run (and improve) in company. The membership stay because the Club offers a friendly, pressure free environment in which to run and because there is some structured training that allows them to improve.

2. Which distance do you prefer to run on a club night?

77% prefer the 6 mile sessions with the remainder going for the 5 miles, strangely there was no response from the 3 milers, does this mean they don't feel part of what going on?

Would you like a different distance? If so what?

Those who commented were after an occasional 8 when the light allowed.

3. Which of the following do you prefer to do on a Club night during the winter? Please rank them in order of importance:

1st place - Steady run (7) then mixture (6) then tempo (5)

2nd place - Hill work and speed work equal (5 each) Tempo and mixture (2 each)

4. We think the club provides the following to its members, please rank them in order of importance to you:

To run with others was easily the first choice with 17 placing it 1st

Off road runs were second with 8 placing it 2nd and 7 placing structured training 2nd

Social Events were third with 9 placing it as their 3rd choice

Few people placed beyond 3 but Racing and the Club championships were clearly not important.

5. Other Disciplines.

Do you take part in multi-discipline events such as Duathlon, Aquathon or Triathlon?

Of the 18 respondents 8 take part in multi-discipline events, predominantly triathlon.

If the club were to enable swimming lessons or cycling improvement sessions/turbo sessions, would you be interested in taking part?

Cycling – turbo and road - and swimming lessons featured even from those not currently involved in multi-discipline events.

6. Social Events.

If you have attended some – which one did you enjoy most?

Undoubtedly the brekkie run though the skittles, curry and pizza nights also featured

If you don't come to social events - why?

The reasons for those who don't attend were around the time constraints of work, family and other commitments.

What other social events would you like the club to provide?

More running based events, easter egg hunts and hashes were examples, away runs further afield, running with other clubs (for Fox Sake)

If you are keen to come along to social events, do you prefer social events with or without an associated run or both types?

Of those who responded most (8) were happy with either and (6) with a run only 1 went for without. There were comments that with a run were better during the day and that evening events were better without a run.

7. If you were on the Committee what one thing would you like to see to be done to improve the 'running experience' – if anything

Stick to training plan and reduce breakaway groups. Structure the evening better with nominated leaders and committee input. Form equal ability groups and set a training programme towards a nominated race. Introductions at Club nights, Committee and new members. Formally offer a steady run in winter.

8. Do you have any other comments?

British Tri membership. Review Club Champs and include points for other involvement. Don't forget the faster runners when catering for the slower ones. Include multisport event in club champs. One mile and 3 mile groups are fantastic. Introductions at Club nights, Committee and new members. Advertise the club to get people to try it. Training advice including warm ups and warm downs.

A couple of times - accept we are what we are and leave it alone, it works as it is.



Still available from Sportzform in Chippenham in black with yellow or yellow with black lettering
Just pop in and see Sarah! Price £25 including embroidered CRC logo on front.

We now have stock of short sleeve technical T-shirts with the new club logo

These cost £8 and are available in sizes Small to XL

If you are interested, please see Paul on Tuesday club night

Apologies for lack of photos for these - hopefully ready before March Newsletter!

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

05-Feb-12	Sun	Longleat 10k (WRRL Race #1)
12-Feb-12	Sun	The Wiltshire 10 King George V Playing Field, Melksham
12-Feb-12	Sun	Dursley Dozen 12 miles MT race
19-Feb-12	Sun	Calne SMarTT Smasher 10K & 1 mile Fun Run
19-Feb-12	Sun	Easy Runner Tough Ten Challenge 11am 10 mile multi terrain
26-Feb-12	Sun	The TBAS Castle Combe Chilly 10k - Race 1
26-Feb-12	Sun	Skyline 10Km Series Bath 11am
26-Feb-12	Sun	The Terminator Pewsey Vale RC
04-Mar-12	Sun	Devizes 10k (WRRL Race #2)
11-Mar-12	Sun	Bath Half Marathon 11am
11-Mar-12	Sun	The Grizzly 20 miles MT
25-Mar-12	Sun	Calne Clock Challenge 10K
25-Mar-12	Sun	Hogweed Hilly Half
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 & 2k Fun Run Football ground, Lacock Rd. (WRRL #4)
29-Apr-12	Sun	Highworth 5 miles (WRRL Race #3)
13-May-12	Sun	The Black Death run 10.5mile XC Race + 3 mile XC Race
15-May-12	Wed	Corsham 5K Series
19-May-12	Sat	Shaw & Whitley Stampede 10K
19-May-12	Sat	The Bradford on Avon Monster 12Km MT + 26Km du/triathlon/multisport
20-May-12	Sun	Hogweed Trot 10k
26-May-12	Sat	World Trailblazer - Forest of Dean 10K
03-Jun-12	Sun	Bath Hilly 10 miles (WRRL Race #5)
03-Jun-12	Sun	Plymouth Half Marathon
12-Jun-12	Tue	Corsham 5K Series
12-Jun-12	Tue	Melksham 5K Christie Miller Sports Centre

Items for the next Newsletter by 29th Feb - 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 Tel. 01225 810621

CRC Email to the Committee should be addressed to:- crcadmin@corshamrunningclub.co.uk