



# Monthly Newsletter

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

Edited by Brian Gibbs Jun 2010

**A warm CRC welcome to our newest members Chloe Skirving & Sam Vella**

## Three Mile Group (Humphry Barnikel)

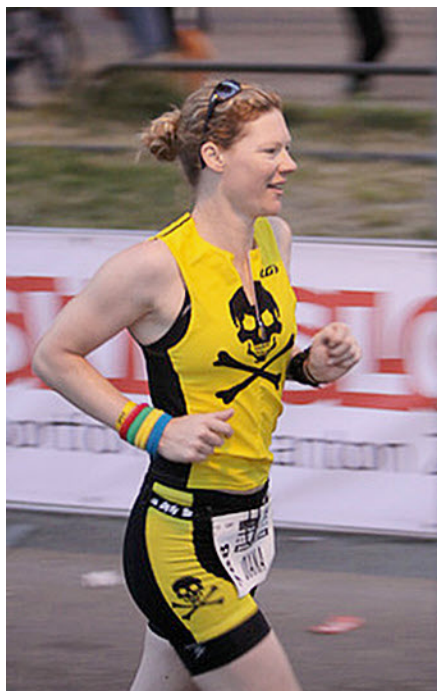
The three mile group has now been going for more than three months and has proved to be more successful than the adult group in the One Mile Club. We assume that if you are the kind of person who would consider running, then you can manage three miles.

The group meets on a Tuesday only and, whereas on the dark evenings we always did the same route (through Potley and the Leafield Industrial Estate and back), the light evenings have produced a number of much more pleasant routes of the required length.

As well as for new runners, the shorter route has proved popular with those recovering from injury or from a long absence from running. This has helped the new runners to get to know some existing members.

Some of those who joined on the strength of the posters for the three mile group, have now gained in confidence and enthusiasm and are tackling the five mile runs on Tuesdays and also coming along on Thursdays. Some have also braved entry to the occasional race too.

We hope that the presence of a three mile option will attract a steady stream of new club members over the coming months.



Diana Newport-Peace, Ironman, Zurich 2009

Picture by Sharon Rowe

## One Mile Club (Humphry Barnikel)

The One Mile Club has continued to have an enthusiastic membership and there are usually forty-five to fifty runners each week. In the last month there have been two straightforward runs a 'Hunt the Flags' game, 'Stuck in the Mud' and 'British Bulldog'. The children particularly enjoy the games and the adults find them exhausting.

We continue to meet outside the Springfield Centre and have developed a routine that seems to work provided that it doesn't rain. One of the receptionists tried to ban the children from using the toilets but fortunately the Centre Manager has overruled that.

In the last month the following have been awarded: 9 ten mile certificates, a T-shirt for fifteen miles to Owen Treharne, twenty mile certificates to Brigid, Kesi and Logan Browne, Rory and Tim Fox-Evans, Hilary, Lawrence and Sasha Nugara. Congratulations to all of those.

We should soon hear the result of the application from Grassroots for a grant to buy T-shirts and stationery.

## Club Kit (Emma Angove)

Have you recently turned up at a local event and found all your Corsham colleagues dressed up beautifully in the traditional Black and Gold colours? Well that too could be you? We have an assortment of Mens and Ladies clothing in the traditional club colours, all decorated with the club name and club logo. We have small, medium and large club running vests, short sleeved T-shirts, long sleeved T-shirts, some hi-viz vests ready for winter, cram tags and some delightful Cyberglow retro-reflective heat transfers!

How much I hear you number-crunchers say?

CRC club vest £13.00  
CRC S/S shirt £15.00  
CRC L/S shirt £15.00  
Hi-Viz vest £8.00

Cram tags and Reflective heat transfers please ask.

So how do you get your hands on this stuff? There are two ways:

- 1) Grab your ladies team captain at club on a Tuesday night (gently please)
- 2) Or get in touch via the crcadmin email address to the committee and I will respond to your request

## Lady's Team Captain's Report

(Emma Angove)

Well done to all those who have been participating in events since the last newsletter, with several more personal bests being achieved around the club the ladies are in fine form again this year. Now is the time to enjoy the cross country summer runs and the speedwork to set you up nicely for a new personal best in the Chippenham half marathon later in the year!

Update on the Cotswold relays. We have a full ladies and mens team – but you can still get involved if you are interested. The team declarations have to be sent in the next couple of weeks, so if your name is down for a stage and you know you will not be able to run – injury, alternative plans, etc – then let myself or Carl know as soon as possible so we can recruit someone to take your place. Whether you have a place in this year's team or not, there is nothing to stop you being part of the team, enjoying yourself and helping out by running a recce of any of the relay legs with other runners. This will help the runners doing that leg find their way, and also provide you with a fantastic Cotswold way run and the option to step in and run that leg if anyone drops out. Myself and two guys from the club ran leg 4 (13 miles last Thursday night) so it is possible to fit in a recce of your leg on a club night as an alternative run if you can recruit one or more members to join you!

On the cross training front it has been difficult to regulate this without more people getting involved. If people want me to continue to organise these weekend rides then please get in touch via email with your support – we need more people not just involved in taking part but interested in leading the ride in their local area.

### Corsham Running Club kit

I am now in possession of large stocks of various Corsham Running Club clothing and accessories. We will soon be setting up a page on the website with the details of what kit we have and prices, so you can all see what trendy gear you could be wearing at the next event to advertise our local running club. I will be aiming to be at club most Tuesday's with the kit in the boot of my car, so bring your pennies along and treat yourself to some gold and black clothing for your next big night out!

And if anyone has any specific requests of additional club kit items they would like to have, get in touch with your suggestions and we will do our best to source what you want.



Karen, Carl & Emma at the North Dorset village marathon - 2nd May

### Westonbirt 10k (Monday 24th May 2010)

(Diana Newport-Peace)

This is a wonderful local event which I would encourage everyone to do at least once if they can. The route winds through the paths and trails of the Westonbirt Arboretum with the trees providing welcome shade from the setting sun.

Many of you will know that my availability to take part in local races has been limited since I got bitten by the long distance triathlon bug in 2008. Since then I have done three middle distance triathlons and a full Ironman, not to mention the London marathon in 2008 and a 30 mile ultra marathon in September 2009. I am currently training for two more middle distance Tris and the Abingdon marathon.

It's hardly surprising then that a 10k race feels such a treat. It was great to see so many familiar CRC faces gathering at the start and Kerrie there to cheer us on. The first mile was a scrum with hundreds of runners sharing a narrow trail into the heart of the arboretum. Things soon started to thin out and I quickly got into my target heart rate zone and found my running legs.

Lap one passed quickly and we were soon back into the sunshine for a water stop and cheers from the crowd at half way. Then back into the woods for some more twists and turns. By this point my legs had warmed up and felt strong, but my lungs were beginning to protest about the sustained effort. Thankfully my heart rate was sitting stubbornly around 180 bpm - right where I wanted it. This was good news as it meant I could simply ignore anyone zooming past and concentrate on not tripping over my own feet. With half a mile to go Carol cruised past looking strong. Then the final bend appeared and the crowd shouted and cheered to encourage us up the final drag to the finish.

Racing to heart rate has been a revelation to me. The pressure to achieve a certain time is completely removed and all that matters is maintaining the effort across the finish line. In turn, this frees you up to look around and enjoy the atmosphere and views. I've never enjoyed racing so much!

## Picnic by The Lake

Sun 18th July at 4pm

Further details to follow

Open to all CRC Members, Family and Friends

Games - rounders, sack races, space hoppers etc

Bring your own drink & bring food to share

Suggested parking in Lacock Rd, Dog-walkers Car Park

Travelling on foot might well leave behind a lighter carbon footprint than other ways of getting around. But with just a few simple tweaks to your training and racing routine it's easy to become an even greener runner.

#### **Kit**

Over 1.5 million tonnes of textiles and 100 million pairs of shoes are thrown away every year in the UK. Most of them turn up in landfill sites, so give your worn-out kit a longer lease of life.

#### **Bank it**

Over half of the textiles Brits throw away could be recycled – but we only recycle or reuse a measly 14 per cent of this. Drop your old running gear off at one of Britain's 6,000 textile banks and you can walk away happy knowing that it's got another useful life ahead of it. Clothes that are too tatty to be worn again are shredded before being made into new items such as dusters, padding and cloths used in factories.

#### **Get creative**

Take race T-shirts and other kit in good condition to jumble sales, charity shops or car-boot sales – or donate them to a novice runner. You could turn cotton race T-shirts into cleaning cloths, covers, fancy dress costumes, pyjamas or even a patchwork memento of your racing success.

#### **Brand new shoe**

Shoes with traditional EVA midsoles can linger in landfill for up to 1,000 years before they degrade, so make sure yours get a new lease of life. The Variety Club children's charity has 3,000 shoe recycling sites throughout the UK, mostly in supermarket car parks and in some specialist shoe shops, such as Up & Running. Or help Nike give old trainers another sporting life as basketball courts, tennis courts, running tracks and children's playgrounds. Find your nearest drop-off point at [www.nikereuseashoe.com](http://www.nikereuseashoe.com). You can also send nearly new shoes direct to Africa to help new generations of athletes - find out more at [www.shoe4africa.org](http://www.shoe4africa.org).

#### **Brilliant bamboo**

Textile production can hog scarce resources, so opt for bamboo-fibre technical tops and socks. Bamboo shoots up quickly, and doesn't need pesticides or nearly as much water as thirsty cotton crops. And when you're done, bamboo fibre is biodegradable and free of nasty chemical pollutants.

#### **Turn it down**

You drag your kit through all weathers, dumping sweat and mud on its hard-working fabric. So it's even more important that runners make their bigger laundry load work hard for the environment. Next time you load the washing machine, turn it down – washing clothes at 30°C is good enough for all but the muddiest kit. Or try replacing chemical detergents for Ecoballs, reusable washing balls that work out at a bargain 3p per wash.



### *Midsummer Mob Match - Thursday 17<sup>th</sup> June invite to Chippenham Harriers, Team Bath & Corsham RC.*

#### *Location start AVR Club-house - Pound Lane, Bradford on Avon*

Avon Valley Runners would like to invite Team Bath AC, along with Chippenham Harriers and Corsham Running Club to a Mob match on the evening of Thursday 17th June 2010. The event will be held in Bradford on Avon at 19:30, adjacent to the Tithe Barn and be across the "Over the Hills" course – only backwards!!!

There will be a few exceptions to the course that is normally run, in that both the river crossing and Iford Manor will be closed to the runners due to probable concerts taking part and the car park (which is where we would enter the river) being in use. Also we would have the first mile held over the normal part of the OTH route to avoid congestion on the towpath.

No times will be recorded, only positions to determine the match winners. The match points will be determined against the finishing positions of the runners belonging to the same club/sex up to the number of the lowest attending club (though a minimum number of five is required). There will be no official marshals and runners are expected to be familiar with the course (map always available on our webpage in the OTH section). Also as this will not be a ARC/UK:A permitted event, your club will need to recognise the event as a club run and ensure that your insurance provides sufficient cover for your attendees.

If you wish to take part would you mind emailing back in due course and approx 1 month before the event I would be grateful of numbers and an idea of breakdown - ladies and chaps!

Afterwards here's hoping for a reasonable evening so that we can enjoy a beer at the local pub – again I'll cover details on that a bit nearer to the time.

Kath K – Ladies Team Captain Avon Valley Runners.

## **Up-coming Half Marathons**

[Nationwide Swindon Half Marathon 10th Oct](#)

[Cricklade Half Marathon 3rd Oct](#)

[Chippenham Half Marathon 12th Sept](#)

[Burnham-on-Sea Half Marathon 3rd Oct](#)

## Results Tables for CRC Runners in recent events

### Plymouth Half Marathon - 31st May

Cat.	Name	Time	Pos
M40-45	Dave Moxham	1:26:52	85

### Westonbirt Arboretum Trails 10k - Mon 24th May

Pos	Time	Name	LastName	Gender	Cat	Race#
64	44:02:00	John	REID	M	MV50/6	687
86	45:08:00	Jo	MORRISH	F	FV35/7	659
95	45:48:00	Neil	NEWMAN	M	Msenior/35	44
233	52:07:00	Carol	LANGLEY-JOHNSON	F	FV35/29	660
241	52:24:00	Diana	NEWPORT-PEACE	F	FV35/31	622
270	53:42:00	Lynne	HAINES	F	FV45/12	768
375	56:17:00	Geoff	FRY	M	MV60/16	451
427	58:32:00	Richard	MANN	M	MV50/29	69
470	01:00:11	Cheryl	REID	F	FV35/86	686
543	01:03:48	Jane	PRIBORSKY	F	FV45/52	376
551	01:04:11	Kerrie	BIRKETT	F	Fsenior/76	696

### Tewkesbury Half Marathon - 9th May

Competitor	Cat.	Finish	Chip Time	
Pierre Lacrouts	Male 40-44	01:28:52	01:28:50	PB
John Reid	Male 50-54	01:33:18	01:33:12	PB

### North Dorset Village Marathon - 2nd May

Pos	No	Surname	Name	Cat.	Time	PB
28	52	ZALEK	CARL	M	03:16:44	PB
125	147	ANGOVE	EMMA	F	04:02:50	PB
158	144	DAVIES	KAREN	FV	04:19:39	PB

### Sarsen Trail Marathon - 2 May

No.	Name	Time	Pos
5	Max Luff	04:32:35	153

### Virgin London Marathon - Sun 25th Apr

Place	Place Gender	Place Cat.	Surname	1st Name	BIB	Cat.	HALF	Time
1950	1830	432	Moxham,	David	25697	40-44	01:33:50	03:10:52
4966	4332	659	Strang,	Gus	4082	45-49	01:45:03	03:33:38
19369	4490	550	Haines	Lynne	5552	45-49	02:07:37	04:31:57
22526	5654	3387	Corlett,	Carley	25698	18-39	02:12:58	04:44:17

Find all Results [HERE](#) on our Website

### Links to Useful pages on The CRC Website

Membership Application/Renewal Form	<a href="#">Here</a>
Local events page	<a href="#">Here</a>
Championship Information & Results so far - 2010	<a href="#">Here</a>
Members contact information	<a href="#">Here</a>
CRC Photo Gallery	<a href="#">Here</a>
Training Matters - monthly schedules etc	<a href="#">Here</a>
Links to other Clubs and Services	<a href="#">Here</a>
“Away Day” runs - when we are NOT at home	<a href="#">Here</a>

# CRC Competitors in the Shaw & Whitley Stampede - Sat 22nd May 2010



James Parfitt      Diane Aldridge      Stu Henderson      Chris Moore      Geoff Fry      Debbie Kearsey  
 Karen Littlechild      Pierre Lacrouts      Derek Bignell      Paul Elling      Paula Phillips      John Voyez

Karen Littlechild



Paul Elling



Pierre Lacrouts

Stu Henderson



## Results Table Shaw & Whitley Stampede - Sat 22nd May 2010

Posn	Name	Time	Cat.	Posn	Name	Time	Cat.
10	Stuart Henderson	41:04	MSEN	46	Diane Aldridge	52:56	FV40
12	James Parfitt	41:52	MSEN	50	Christine Moore	53:56	FV50
22	Pierre Lacrouts	44:59	MV40	58	Jessica Morton	56:00	FV40
33	Derek Bignell	48:30	MV40	66	Paul Elling	57:24	MV40
42	Karen Littlechild	52:34	FSEN	71	Debra Kearsey	59:31	FV40
44	John Voyez	52:45	MV50	101	Vicky Ody	89:57	FSEN

Probably the hottest day of the year, 29°C, and many weary runners crossing the finish line!

## Club Championship 2010 - after 3 Events

Women	Race 1	Race 2	Race 3	HM	Mar	Total	No. Events
LITTLECHILD, Karen	18	17	20			55	3
MORTON, Jessica	15	16	19			50	3
REID, Cheryl	14	14	18			46	3
HOWE, Sophie	20	20				40	2
AVES, Jo	19					19	1
PHILLIPS, Paula		19				19	1
MOORE, Christine		18				18	1
KIPLING, Jo	17					17	1
DAVIES, Karen	16					16	1
NEWPORT-PEACE, Diana		15				15	1
Men	Race 1	Race 2	Race 3	Total	No. Events		
REID, John	18	20	19	57	3		
VOYEZ, John	11	16	18	45	3		
HENDERSON, Stuart		19	20	39	2		
ALLEN, Peter	20			20	1		
COX, Allan	19			19	1		
WALKER, Gary		18		18	1		
MALVERN, Neil	17			17	1		
PIGGIN, Paul		17		17	1		
STEPHENS, Kevin	16			16	1		
STRANG, Gus	15			15	1		
FRY, Geoff		15		15	1		
HAWKIN, Will	14			14	1		
HIBLE, Steve	13			13	1		
MOORE, Ian	12			12	1		
SCOTT, Simon	10			10	1		
PARK, Michael	9			9	1		
FOGWILL, Alex	8			8	1		
BETHUNE, David	7			7	1		
LUFF, Michael	6			6	1		
SHARP, David	5			5	1		

### Next Championship Races

Sun 13 Jun	FOSMs 5 mile road race
Wed 14 Jul	Chippenham River Run
Aug	Foxtrot 5 TBA
Sun 7 Nov	Over The Hills, B on Avon
Dec	Bromham 10k TBA

Visit the **CRC**  
Championship Webpage  
[HERE](#)

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

06-Jun-10	Sun	2010 Fairford Festival 10k Road Race
06-Jun-10	Sun	Kennet Kanter 10mile (and 5k) Devizes Wilts
06-Jun-10	Sun	Run for Heroes 5km - Swindon Event (Date of Kemble Event TBA)
08-Jun-10	Tue	Heddington Relay 19:30 The Ivy, Heddington
13-Jun-10	Sun	FOSMs5 5 Mile Road Race Chippenham Rugby Ground
14-Jun-10	Mon	Melksham 5k 7:30pm Christie Miller Sports Centre
19-Jun-10	Sat	Mendip Mash-up 10m MT Race 2pm Charterhouse Centre, Mendip Hills
20-Jun-10	Sun	Warminster - Forest 10 mile race
22-Jun-10	Tue	Lacock Relays. Reg 6:45-7:15pm Start 7:30 prompt.
26-Jun-10	Sat	Cotswold Relays
27-Jun-10	Sun	Blandford Bridges Run 10k
27-Jun-10	Sun	North Devon Marathon & Half Marathon
04-Jul-10	Sun	The Quantock Beast 11am 5.7 mile MT
10-Jul-10	Sat	Legion Lollop 6(ish) mile MT run in aid of the Royal British Legion
10-Jul-10	Sat	28th Bishops Cannings (Fete) 5000m Dash
11-Jul-10	Sun	The Wellington Ten Mile & 10k races
12-Jul-10	Mon	Frampton 10k
13-Jul-10	Tue	Heddington Relay 19:30 The Ivy, Heddington
14-Jul-10	Wed	Chippenham 5K River Run

See our [Website](#) for up to date information

Closing date for items for July Newsletter - 28th June



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

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