



Monthly Newsletter

www.corshamrunningclub.co.uk

Edited by Brian Gibbs Mar 2010

A warm CRC welcome to our newest members

From The Chair

(Dominic O'Connor)

Your committee is looking forward to 2010 with enthusiasm and optimism. We are settled now in our new home at the Corsham Centre and numbers are up on club nights. It is particularly good to see both new and familiar faces!

As you know, we have long been planning to make runners and potential runners in the Corsham area aware of what we have to offer so that more can enjoy our wonderful sport more fully. Running has made an enormous difference in many of our lives and can do the same for many others too. To increase awareness we are planning an open evening in April or May with the simple target of getting as many people running with the club as we can. By holding it in late spring we will be able to run together with the freedom of sun soaked daylight. Well daylight anyway. Fingers crossed for the sun!

The current plan is that "Get Corsham Running" will start from the Corsham Centre. We'll have the usual 3 mile and longer run options but without a tempo session. We'll lay on some refreshments afterwards too. As members our job will be to support and run with what we hope will be a lot of new people. We'll invite runners who are still local but no longer members too and make it something of a reunion as well. We are thinking of leafletting every house in Corsham a week or so beforehand. Some spring sunshine and we'll have a fabulous evening and inspire plenty of people to enjoy running; some of them as new Corsham Running Club members.

But getting word out about our wonderful club and all it has to offer should start now for everyone please. If you have a friend, neighbour or acquaintance who runs occasionally or regularly, please invite them along.

Membership

(Alex Fogwill)

Our bargain basement pricing structure for the Club seems to be having the desired effect of getting the subs in on time. Anyone who hasn't yet paid - and you know who you are!! - needs to get their contribution to me as soon as possible along with the downloaded application form from our website.

Please consider writing an article for your Monthly Newsletter. It doesn't have to be a literary masterpiece as long as it's of interest and loosely running related - Thanks

Corsham 10k

(Alex Fogwill)

The St Georges 10K takes place on 25 April - only a few weeks away. Arrangements have been proceeding apace and everything looks to be on schedule at present - except that there are not yet many Club members who have decided to put their names forward as helpers on the day!! The key jobs are at the beginning and then at the end unsurprisingly - the Rotary Club provide the marshals on the course. There are 3 key roles at the beginning:

- to issue out race numbers and chips to those people who have booked on line having checked their credentials!
- the issue of chips to those who applied by post and are in possession of their race number already.
- to provide a registration service for 'on the day' entries where the relevant entry information will be entered onto the timing system, and the numbers and chips handed out.

.....and at the end we need to retrieve the chips before people wander off - otherwise we are charged £3 for each one that goes missing. So we need people who are nimble with scissors in the finish funnel.

In addition there are always lots of odd jobs that need to be tended to on the day: I reckon that we need about 15 of us to make sure we provide a good and efficient event.

So, whilst I have some names already, I really would appreciate an email from other people who feel able to help out on the day. Don't forget this is the Club's main race of the year, and that we hope to raise about £3500 for Dorothy House in the process. My email address is alex.fogwill@virgin.net, so get clicking!!

Also please, do what you can to advertise the event - especially if you are going off to take part in other runs beforehand. I have a plentiful supply of leaflets and some posters so just give me a call and I'll give you some to take and put under windscreen wipers etc. The Rotary Club will be covering the Bath Half, so don't worry about that one.

One interesting fact is that the course this year will start 56 metres down Lacock Road as it has been remeasured and the original course, measured 10 years ago, was found to be too long. So this will be a great year for shattering records and achieving Personal Bests.

The One Mile Club

(Humphry Barnikel)

Having said, in the last issue, that the Club had had a record number of forty-six runners on a Wednesday evening, two weeks later fifty-two runners came along. So the record has been beaten already. We don't usually run sessions during the school holidays but, having missed so many because of snow and ice, we ran during the half-term break and had a good turnout.

We have continued to do some speed work and in order to build stamina, we used the running track in the park by torchlight.

John Hible has now received his seventy-five mile medal and I gather that it was taken into school the following day. Well done John! Simon Hible will receive his in two week's time.

In the last month the following have been awarded: 7 ten mile certificates, 5 T-shirts for fifteen miles, 6 twenty mile certificates and thirty mile certificates to Glyn Dilley, Charlie Vaughan, Karen Crawford and Emma Sapiano. William Hughes and Oscar Vaughan are to be especially congratulated on receiving their fifty mile certificates and their 'I Ran Fifty Miles' t-shirts.

On the day of the Corsham 10K, we are organising a 3K Family Fun Run in Corsham Park (see the website for details) and it is hope that many members of the One Mile Club will take part.

FOSMs 5

(Mary James)

The third Friends of St Mary's 5 Mile Road Race and Family Fun Runs will take place on Sunday 13th of June.

The Club has very kindly offered to assist us with the race again so it would be lovely to see some Corsham runners out in force again this year. Corsham ladies have won the team for the first two years can they make it a third?

If you fancy a short run out with the kids in fancy dress as a warm up followed by a lovely scenic, undulating 5 miler, come along and give it a go.

Details of the race will be published on the club web soon along with entry forms.

For more info call Mary James
07833044929



Lady's Team Captain's Report

(Emma Angove)

Cross Training update:

As the icy cold weather is still continuing in to February, I will put plans together to restart the cycling cross training group after the April Easter break. This will give opportunity for the weather to improve as we will be into spring. The format will be on a Sunday afternoon, from Corsham, Chippenham and Biddestone as previously done, and will revert back to a 10-15 mile cycle to begin with to allow us all to find our cycling legs again. So watch out for more details in the next newsletter!

Cotswold Way Relay:

Recruitment for the ladies team this year started strong filling legs 4-10 very quickly! Excellent, however we still need three more runners for legs 1, 2 and 3. Leg 1 despite the early start, is a beautiful leg and my personal favourite. Leg 2 is a hard leg, but what runner doesn't love a challenge, this leg passes through some lovely little Cotswold villages that makes it worthwhile. And leg 3, one of the shorter legs of the relays, with an awesome view from the top of Ravensgate Hill that's a must see. I stress that this is a team event, and it is for all abilities. So if you enjoy off road running and the countryside and want to take part, don't be put off by thinking you have to be one of the few faster runners at the club. Everyone is welcome!

Last year I organised recce runs of each of the ten legs, I therefore know them all so if anyone has any questions about a particular leg feel free to test my knowledge and memory! I will be organising recce runs for legs 1 through to leg 8 this year. The first of these will be on Easter Monday (5th April) with one other recce to come on Sunday 18th April. The rest will be after my marathon on 2nd May. The dates for each leg will be emailed out and on the CRC website as soon as this is finalised. I'd like to finalise the runners if possible before announcing the recce runs, in order to allow the right people to recce their leg. So the sooner you all get signed up, the sooner we can get the details out to you!

Pound Notes From The Treasurer

(Dave Hearne)

Corsham Running Club remains in rude health for 2010 with a current balance of £2090.74, including any Membership Fees received to date for 2010. I wanted to let everyone know about a couple of purchases we are thinking of making, which we believe will both enhance the professionalism of the Club and help to advertise the Club more widely at races. The first item we will be buying is a pair of 2.4 metre high vertical flying banners (see picture on left), which will be strategically placed at races we are involved in, such as the Corsham 10K, the Marshfield Mudlark and the FOSMs5. These banners will have the words "Corsham Running Club" on them and will be as close to Club colours as we can get them.



The second purchase we are considering making is an inflatable Finish Gantry (picture below). This was discussed at the recent Committee Meeting and depends very much on whether Corsham Town Council will co-op it with us at 50%. The cost for such an item (including fan to keep it inflated) is around £900, so this would be a cost to the Club of £450 approx. It was felt that this could be used at the aforementioned Club races and we would also rent it out (for say £50 a time) to other local clubs for use at their events. Obviously if it were damaged, we would expect it to be replaced. The next Town Council meeting is on April 12th, so Alex Fogwill and I will be sending in the relevant application forms for the Council's consideration at that meeting.

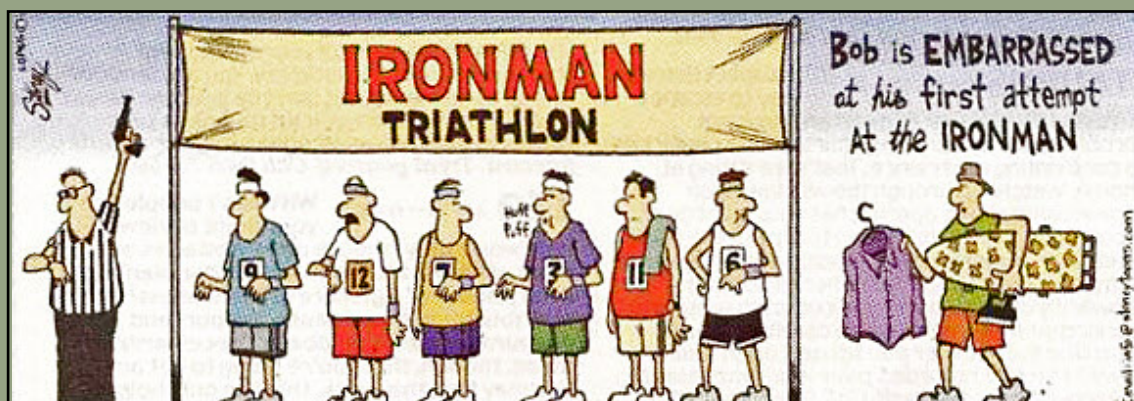


If there are any other running/race-related items that you think we should be looking at buying, please put your ideas in an email to the Committee and they will be reviewed at the following Committee Meeting. circadmin

Introducing the new 3 mile run

(Humphry Barnikel)

Having had the Friendly Four in the past and the One Mile Club now, it seemed to us that a 3 mile run would suit some people. Prospective new members of the club are often daunted by the prospect of a five or six mile run. Those returning from injury or from a spell of inactivity may also welcome the chance to run a shorter distance. The three mile run will take place on normal club nights with the same 7pm start. We shall use the same route for the first few weeks and will endeavour to regroup at intervals during the run. Please pass on the news to any friends or relatives who might enjoy running this distance.



Cartoon courtesy of Lynne Haines

Rummaging through the rag box in the garage recently I came across a T shirt from the 1991 Springfield Triathlon. The very sight of it brought back nostalgic memories, not quite sepia tinted but far enough back for them to be hazy! My reflections of the period since my early forays into multi-sport led me to think about why I got into triathlon, what I enjoy about it and why I think it's such a great sport that runners and indeed everybody should try. In this piece I've set out to share those thoughts with you:

Something new – everybody gets bored of the same thing all the time. Running is great for fitness but it is a little repetitive, particularly if it's been your main focus for a few years. Triathlon offers a huge range of new experiences – new people, new training methods, new environments, new kit.

Visible improvement – The law of diminishing returns comes in to play very rapidly in running. You reach a level reasonably quickly but then improvements are negligible and hard to achieve. The variety of disciplines in triathlon always gives you an area to work on, improvements can be significant at any point and the visible results always serve to keep you motivated.

Injury – I bet you all know many runners who have been injured at one point or another. I'm not saying that triathlon is totally injury free but the use of a wider range of muscle groups and less of a focus on a single discipline leads to a reduced incidence of injury and more of a higher level of overall fitness.

Training – I've already touched on this in terms of it being new and varied but the key things here are that you need to be organised, you need to know your body and you need to rest. You can't do as much run training in triathlon as you would do if you were solely training for running. Cycle work will compensate to a degree and swimming will keep you strong but at the end of the day you are not training to be a runner, you are training for a triathlon. Furthermore you do need to be organised to train in all 3 disciplines but it's incredible how much time you can free up if you switch off the TV, get up 30 minutes earlier or cycle to work.

The challenge – when was the last time you set yourself a real challenge. I mean a real challenge that when you set out on it you didn't know if you could complete it. Taking on new challenges, going beyond your comfort zone and coming out the other side successfully provides a huge buzz and buckets of confidence and self belief that can be applied to all aspects of your life. Triathlon offers that challenge to take on things you've never done before such as swimming in a lake with a wetsuit on or just running with legs that feel like lead!

So, what are you waiting for? The 2010 Springfield Tri is just around the corner so dust off the bike in the garage, get down to the pool, practice running after a quick bike ride and you're ready to take on the world ...I may even see you there – I need a new T Shirt after all!



Minutes of last CRC Committee - 17 Feb 2010

can now be seen [here](#), on our own Website



See what's really involved with the running of your Club

We're always looking for help from our Membership!

Forthcoming Events

Items marked thus are in our Championship

Please see our [Website](#) for full details

07-Mar-10	Sun	Bath Half Marathon.
07-Mar-10	Sun	Salisbury 10 mile race. Leisure Centre
07-Mar-10	Sun	The Grizzly Tough 20 mile MT race
21-Mar-10	Sun	Reading Half Marathon
21-Mar-10	Sun	Chedworth Roman Trail A truly scenic 10 mile multi-terrain race
21-Mar-10	Sun	Tors 10 (5 Tors) from: Minions near Liskeard, Cornwall
21-Mar-10	Sun	Sport Relief Mile - Bristol Incl:- 3 mile road race & 6 mile road race
27-Mar-10	Sat	Horseplay 10K Hambledon, 2pm 10k MT with a difference!
28-Mar-10	Sun	San Domenico 20 mile Road Race. Cardiff
28-Mar-10	Sun	Devizes 10K
10-Apr-10	Sun	Trowbridge 10k
18-Apr-10	Sun	Frenchay 10k Road Race. 11am.
18-Apr-10	Sun	Womens Half Marathon Castle Combe, Wilts 10:30am
18-Apr-10	Sun	Highworth 5 mile race. Warneford School
02-May-10	Sun	Cowpat Canter 11am at Midsomer Norton Rugby Club 250max - Hurry

Pewsey Terminator - CRC Results - Sunday 28th Feb

Posn	Time	Name	Cat.	Mile	No.
70	01:40:15	COX, Allan	MV 40	09:06.6	363
165	01:51:59	NEWMAN, Neil	SM	10:10.6	60
206	01:56:22	SCOTT, Simon	MV 50	10:34.5	33
586	03:52:17	ODY, Vicky	FV 35	21:06.7	599

What a day - after plenty of rain the whole route was a mudbath and a struggle for traction. The first section was through a series of field gates well churned up by cattle, then, after a short road stretch, onto the very slippery towpath before starting the first hill. The 'Gully', as this bit as it is called, was a stream flowing in the opposite direction for most of its length before breaking out onto the side of the remainder of the hill (either by scrabbling on tree roots or the rope provided). From then on it was up and down the near vertical ridge overlooking Pewsey or ploughing your way through the sticky chalk/clay tracks. The final hill takes you up and down around the White Horse before a level run into the Town, via another section that suffered from the attention of cattle and a dip in the Avon. Very cold and miserable up on the ridge and exhausted at the end, "will you return?" was the question on the race number..... hmmm

Dursley Dozen - CRC Results - Sunday 14th Feb

Posn	h:mm:ss	Race No.	Name	Cat.
115	1:42:31	15	REID, John	MV50
179	1:49:07	14	AVES, Joanne	F
191	1:49:50	230	SCOTT, Simon	MV50
214	1:51:50	79	LITTLECHILD, Karen	FV35
315	2:08:27	61	LUFF, Max	F
318	2:08:46	84	DAVIES, Karen	FV40

Full Results - Club order [Here](#)

A bright but cool day for a race with a tough reputation and its easy to see why. With a start from the Old Spot in the town, straight up the hill and once at the top down and back up it again there is no chance to get into your stride until you are up on the golf course. Some fast road stretches and some very sticky stretches followed until the last significant hill, where there was a rope to help you up, from there a quick last couple of miles back around the golf course and down into the town centre for the finish. Great sense of satisfaction and a good early recce for anyone considering Stage 7 of the Cotswold Way Relay!
(Simon Scott)

Don't Forget

Curry Night

Thurs 18th March

Phone Humphry 01249 712015

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

Closing date for items for March Newsletter - 28th Mar



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 Tel. 01225 810621

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