



Editorial Comment –

Welcome to my first issue of the Chippenham Harrier. For those of you who don't know me, I'm Caroline Blake and have now officially taken over the editors' role for this newsletter from my other half Jeremy. Unlike me, Jeremy has a paid day job and since his promotion to Director has found it difficult to fit this duty in around vat returns and debtor balances! So for the past year I have been 'assisting' him in and now feel suitably qualified to take on the role in its entirety! I have also joined the committee so if you don't know what I look like there is a mug-shot of me on the website.

I know the problems Jeremy has experienced over the years in getting contributions from you to make this newsletter an interesting read, so I am (if articles are not forthcoming) adopting a more coercive approach! My aim is to get an article on as many of the club championship races as possible. Hopefully you will be forthcoming with a review of an event you have participated in, if not I may ask you to compile one! Thanks this time to Karen Duckenfield for her interesting article on the 'rough 'n' tumble', one of the first championship races of the year.

For those of you eager to please me, please send your articles to:
newsletter@chippenhamharriers.co.uk

'Runner of the Month'

This issue sees the launch of 'Runner of the Month', strictly speaking it is runner of the quarter but this didn't have the same ring to it! This article is not about the best runner but just a profile of a club member telling others about their running experiences, achievements and ambitions. I have used Jeremy as my guinea pig for this issue but if you would like to feature in a future issue then please get in touch with me otherwise I will be pulling someone's name out of a hat – watch out it could be YOU!

'Publication Changes'

I am planning to change the way in which the Chippenham Harrier gets issued. In order to keep administration time and costs down we are proposing to publish the newsletter on the website with effect from the next issue. If you are unable to access it in this way, or would prefer to still receive a paper copy please complete the tear off slip at the end of this issue and return it to either myself or any committee member.

'The Beginners Club starts again!'

The 18th May sees the return of the 'Beginners Club'. Following the great successes of last year Charlotte, Ann and myself will be undertaking another group of 'hopefully' running enthusiasts, building week on week to the River Run in July. Anyone wishing to come along

and help on a Friday evening will be more than welcome. If not please pass on the word to any family or friends you may have wishing to become runners!

'Charity Donation'

The Chippenham Harriers have donated £433 to Hemi-help from funds raised at cake stalls and raffles last year. Hemi-help are a UK-based charity for children and young people with hemiplegia, a form of cerebral palsy. There are approximately 12,000 children living with hemiplegia in Great Britain. It is great achievement to have raised these funds for this worthy charity.

If you know of a special charity you would like the Harriers to support in 2007 then please speak to a member of the committee.

'Coaches'

The club would like to put on coaches to Cardiff Half/Marathon (Oct) and Wyvern 10k (Dec). Last year both of these events proved to be very successful and enjoyable days out. If you would be interested in either of these events please express your interest now to Linda Wood so she can determine numbers/costs.

Dates for your Diary

22nd June 2007 – BBQ

7th July 2007 – Charmouth race/camping weekend – see Lotties article for further details

26th October 2007 – Skittles/Quiz night

11th January 2008 – Presentation Evening

Finally, I would like to wish everyone taking part in the London Marathon the very best of luck. I would like to say that we will be looking out for you on tv, but in reality those of us not running the FLM will be racing around Corsham 10k and hopefully 'running' away with a few more team prizes – first 4 home (I think!)

Thanks to all of you who have taken time out to write an article I think this newsletter is a great read.

Caroline

Committee News..... March 2007

This year started on a positive note at the AGM in January. The summary of last years events presented in Lottie's annual report highlighted some of the key achievements the club had secured during 2006.

The election of committee members took place and saw a significant change with four new members coming forward to join. The committee is delighted to welcome Neil Perry, Nadege Coignard, Caroline Blake and Paul Gillham to the group.

Sadly two of our key committee members decided to stand down this year. Nick Peaple made a difficult decision to stand down after sitting on the committee for 19 years. He has said he is keen to still get involved 'behind the scenes' and I know the club would be lost without his valuable input in particular at our club races where Nick plays a big role. Ian Moore has decided to stand down in order to pursue his other hobbies. He had been a committee member for six years and had played a key role in gaining sponsorship for the club through his involvement with Vivista.

The first committee meeting of the year (February) was a lively one when we agreed what we will focus on as a club during the next year. These are summarized as follows:

- Run two more eight week beginners courses one starting in May and one starting in September
(Lottie has agreed to organize this with the help of Ann and Caroline).
- Set up a youth group initiative along similar line to the beginners group (ie eight week programme) A sub-committee have formed to lead this initiative;
- Improve our facilities by obtaining lockers for kit storage;
- Improve our health and safety awareness by nominating a health and safety representative (Nadege Coignard volunteered for this role)
- Continue to improve the existing website to further inform existing members and recruit new members (Neil P is continuing to work on this);
- Plan a memorable 25th anniversary half marathon race in 2008 (Wiggy has volunteered to lead this)
- We agreed on our annual social events (see website for more details)
- In an attempt to attract more new faster runners it was decided that we should try and enter teams for the national road and cross country championships (Paul G has volunteered to be club race coordinator)
- Caroline B has taken over the newsletter. The Committee agreed to give members a choice in the next newsletter of receiving an e-version of the newsletter.
- The committee decided to donate last years proceeds from the race cake stands and raffles (total £433) to Hemihelp. A national children's charity that help children who suffer from hemiplegia a condition that affects one side of the body.

A busy and exciting year ahead!

A Jog Down Memory Lane

Whilst logging all my race results onto hard disk, I came across a few results sheets oozing with memories that I would like to share with you.

I may as well start in 1984 with my first ever open road race, the Malmesbury 10 Mile Mini Marathon. You can guess from the title that the course measurement (if any) was a bit hit or miss, with the emphasis on miss. Nevertheless it was a challenging and enjoyable introduction to road racing for someone who had previously only dabbled in cross-country. Somewhere in the field were some Chippenham Harriers whose acquaintance I had yet to make, but who would become good buddies in time. It's a shame none of the local clubs adopted this race, got it properly measured and kept it going because it was a nice course with an atmospheric finish on the playing fields of Corn Gastons School. Being new to road racing I wasn't sure whether or not to be pleased with a time of 62:51 but I was pleased to have finished my longest run to date.

Ninety seconds and seven places ahead of me was a future friend who was on her way to becoming a local legend and a senior GB vest. I'm not sure if Zina Marchant would have been happy with 61:19 in those days but it was comfortably enough to bag her the ladies prize in this event. Husband Dennis was only 38 seconds behind her; He probably never again finished that close to Zina, who eventually went sub 56 minutes for the distance. Dennis and Zina and all three of their daughters were Chippenham Harriers before joining Bath AC.

In 114th place, clocking 71:33 was one vet 40 called Dave Woodman. Loitering far behind Woodie and clocking 80:43 was Chris Constable, who must have been a slip of a lad in those days. Of course, Chris has come on a long way since then and has managed to get inside 80 minutes. At least Chris got the better of his clubmate, Alan Green. Alan will be better remembered for the depth of his pockets in relation to the length of his arms than for his athleticism, although I will remember him for his creative excuses. He not only had an explanation for every unsatisfactory race performance, he would even rationalise being beaten in a rep session. If you were in his address book you might also remember him for his unintentional, obscene phone calls but you'll have to ask one of the old guard to explain what I mean – it's not dirty but it's not PC either. Fascinating people, all, but as I said they were just faces in vests at this stage.

Malmesbury hadn't quite given me the bug so it was another year before I was lining up for the start of the Chippenham 10 in September 1985. By contrast the Chippy 10 was a popular, serious, well organised (with one exception), accurately measured road race, patronised by proper runners. For improper runners there was a fun-run. Both events finished in Chippenham Town Football Ground but the two funnels were a considerable distance apart. On the final approach to the Bluebirds' stadium, with a PB in my grasp, a bored marshal misdirected me towards the fun-run funnel. I could not understand how a printed number could be mistaken for a handwritten one. Nevertheless I had enough time to suggest to the marshal that abstinence from solo sex might improve his eyesight, find the right funnel and set a PB of 61:14

Paul Edwards was really showing his class that day but such was the standard in 85 that his time of 56:48 only got him 24th place. The first 3 finishers were all sub 50. Nigel Gates had blazed a course record of 48:52.

Nic Pollastrone beat me by a second. Steve "Scoop" Binns clocked 65:05 and Chris Constable came within 5 seconds of nudging that 80 minute barrier.

The excitement of it all prompted me to join Chippenham Harriers shortly afterwards, whereupon I had the pleasure of meeting these and many other colourful runners. It was the start of a hobby, an obsession and a journey of self discovery, because nobody knows what they are capable of until they have exposed themselves to the competition that a road race provides.

There are lots more results sheets in my drawer and perhaps a little dirt to dish on people you know so watch this space in the next newsletter.

Brett Ceazar

Rural Community Development Awards 2007

Lottie has put together an application for the above awards on behalf of the club. The award, which is £500, goes to idea that has successfully resulted in community development through participation of a specific event.

She has put forward the beginners group initiative as an example of community participation. If we are successful we hope to invest the money in new equipment for the next beginners group, which will run during May and September 2007.

Watch this space for more information.....

Shirley Gerrish (H.F.S.T)

Sports Therapist

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2006 Annual Presentations

January seems a distant memory for most of us, but as some of you missed the annual dinner and presentations I thought I would give you a resume of who our special winning members were.

This year the committee decided to follow a slightly different format to previous years in that the event took place in January rather than early December. It was also decided to present all of our running awards on the night rather than some at the AGM. In addition there was the introduction of a new award for the best newcomer to the club (more about that later!)

The first award was the club championships. 2006 was an exciting year with 86 club members taking part in more than one club championship race. Tom Perkins was the star member as he entered 13 races during the year!

There were a number of close battles throughout the year these included the long standing battle between Chris Hutton and Julian Arthurs. Chris finally beat Julian by a marginal 3 points. In the ladies, the battle between Melanie and Joc was not decided until the final race of the Championships when Joc secured her title by beating Mel on the age graded at Weston.

The results were as follows:

Lady's age graded championship:

2nd	198 points	Melanie Blackman.
1 st	200 points	Joc Dodd

Lady's open championship

2nd	180 points	Mandy Thorpe
1st	194 points	Mel Blackman

Men's age graded championship

2nd	192 points	Rich Scofield
1st	200 points	Paul Dodd

Mens Open Open championship.

2nd place	Frank Checcia
1st place	Paul Dodd

A special thank you goes to Paul Dodd for all the time he has spent organising the club championship. It forms a significant part of the success of the club and I am sure everyone will agree that it is a very inclusive event.

As mentioned above the committee decided to acknowledge the input that our new members have had on the club over the last year. The award is dedicated to any new member who has joined us during the last year (2006) and shown dedication, determination and achievement in their running. In this case the winner(s) have provided help, support and encouragement to other fellow runners. Furthermore they have demonstrated outstanding commitment to the club through participating in club events and activities.

The committee decided on four nominations. These were Steve Wood, Janet Carrington, Ali Faroppa, and Kirsty Ann Murphy. The committee gave the award jointly to Steve and Kirsty. Our congratulations and thanks go to both for making a real difference to our club.

The next award is for the best improver. The committee found it harder than ever to judge this award this year as we have seen some great improvements over the last year in so many members.

This award is presented each year to a long standing runner who has shown dedication, commitment and determination to improve their all round performance over all distances. The nominations have all demonstrated significant improvements against all odds during 2006. The nominations were Margaret Napier, Chris Hutton, Caroline Blake and Adi Heron. The Committee gave another joint award to Caroline and Chris. Congratulations to both!

The final award was the Andy Merol trophy. This award was given to the club some years ago by the parents of Andy Merol a young runner who sadly died. The award is presented in his memory to the most outstanding performance of the year.

There were two performances, which were nominated by the committee, these were:

Firstly, Joc and Paul's team effort in the Original Mountain Marathon, which took place in October. This was a two-day event, which involved running over mountain terrain, navigating, camping and carrying all supplies. Not only were also the first mixed team and the first vets team but they came third overall. Their performance was outstanding and demonstrated commitment determination and real teamwork.

The other performance, which has raised eyebrows last year, was Peter Cusick's performance at the Milton Keynes Duathlon. The event was the British and European Duathlon qualifying race. Not only did Pete come 31st overall and 6th Vet but he qualified to represent Britain and Europe at this years championships. Pete's hard work, effort and determination this year has paid off. We wish him every success at both forthcoming CHAMPIONSHIPS.

The committee decided to present Joc and Paul with the award. Congratulations to both and good luck for the event again this year.

Beginners Groups 2007

Two new groups are planned again this year for running beginners and improvers. Each eight week course will set the challenge of completing a 5k fun run. The groups will meet on Friday nights at 6:30-7:30pm from the Sports Club.

Friday 18th May – 6th July 2007
Friday 7th September – 3rd November 2007

MORE DETAILS TO FOLLOW.....

Chippenham Harriers Lacock Summer Relays 2007
Venue: Red Lion @ Lacock

- Tuesday 22nd May
- Tuesday 26th June
- Tuesday 24th July
- Tuesday 28th August

Registration: 6.45 – 7.15pm
Start: 7.30 prompt

£1 entry fee:
**Prizes for first two or three teams dependant on
number of entrants**

The format will be the same as in previous years, i.e. The first three events are relay races three in a team, the final event is a handicap race based on individual times recorded in one of the preceding relay races. To compete in the handicap race you must have competed in at least one of the preceding relay races to set a qualifying time.

Teams are selected on the night by the organiser to the following format:

- Leg one – fast runner
- Leg two – slow runner
- Leg three – medium runner

The aim is to have all the teams finishing in approximately the same time, and for everyone to be running against people of comparable speed. It also means that literally anyone who turns up on the night has a chance of being in the winning team.

The course is 2.60 miles slightly undulating on mostly quiet country lanes. The emphasis is on participation and fun, and no one should feel they are not quick enough to join in. There is a small entry fee of £1, and there will be prizes on the night of drinks/crisps vouchers redeemable at the bar.

Please park in the Red Lion carpark and not in front of the Abbey gates.

Richard Schofield

ARC

The **Association of Running Clubs** (runningclubs.org.uk) has been set up as an alternative to England Athletics. It offers affiliation in a similar fashion as to England Athletics, in return for insurance, race permits etc. It claims that by focusing solely on running clubs it gives us better service and reduces our costs.

Why?

England Athletics has both changed its structure and decided to implement professional auditing at varying levels within its organisation. This is a positive step and will undoubtedly help to establish some kind of stability for an ailing sport at the highest level.

Unfortunately, this means significant price increases for affiliation to England Athletics and an increase in administrative burden for those running your club.

Benefits to joining

Should Chippenham Harriers join ARC, we would benefit from:

- Lower affiliation costs
- Greater revenues from races organised by us
- Less paperwork
- Not having to disclose YOUR personal information

Disadvantages to joining

Should Chippenham Harriers not join ARC, we could experience the following disadvantages:

- Affiliation to ARC means that you would have to pay "non-affiliated" fees to run in races run by clubs affiliated to England Athletics
- You would be unable to take part in Sport England "Track and Field" meets
- There is an inherent element of risk that ARC (until further established) could prove unable to provide the services it offers.

Options

- Take the plunge and ditch England Athletics
- Ignore ARC and stay where we are
- Join both (at least in the short term) and see how it all pans out.

We are keen to hear what you think and how you would like to progress. Either contact a committee member on club night, or email [\[relevant person\]@chippenhamharriers.co.uk](mailto:[relevant person]@chippenhamharriers.co.uk)

Thanks to Paul Gilham for an interesting, thought provoking article.

ROUGH & TUMBLE 2007

Well, as most of you know, normally I would say I hate racing, but on Sunday 14th January I can actually say I finally had a good race!!

It was one of those last minute decisions (literally a couple of days before) and I couldn't find anyone to run with so I thought why not do the Rough & Tumble. No pressure I thought, just treat it like a training run and not knowing what to expect that's exactly what I set out to do.

We all piled into the narrow road for the start, the harriers contingent (all 32 of us) ready and raring to go on a beautiful sunny Sunday morning – and we're off. A nice steady start along the road and I was thinking to myself yeah, this is not too bad. That was until we hit the first hill less than a mile in. I admit I had a cheeky walk and at that point just about every harrier was either in front already or had run past me on the hill. It was then I thought to myself 'this isn't going to be pleasant'! But I overcame it and once on the flat, managed to get my own back and gain some ground on those that had so rudely overtaken me on the hill.

The next bit that sticks in my mind is the nice down hill stretch on the chalky path where I was thinking 'go on girl, make up some ground'. I had Vicky in my sights and thought what a great chance to get a bit closer. Must be at least 7 miles round I thought until I saw the 5 mile marker that is. And as if one blow wasn't enough, emerging from the small rise following my cruise of a decent was THE HILL! And I thought the Slaughterford Hill was bad. It took a cross between a crawl and a very slow walk to finally make it to the top and reach some flat ground, albeit blustery.

A well deserved down hill was to follow of which I managed to pluck up the courage to let myself go a little. With Vicky still in my sights, I what felt like plodded on and finally managed to pass her at which point I thought 'I never expected that!' Suddenly the pressure was on as I thought to myself you could actually be the first female harrier home. I found a fighting instinct I never knew I had and battled on past the 8 mile marker. But bad news was to follow, cramp in my right quad on the last road hill. 'Game Over' I thought as I looked back and saw Vicky gaining on me, all that effort wasted! But thankfully, another cheeky walk and it eased enough for me to continue as I ran towards an enthusiastic crowd who very kindly informed me it's all downhill from here. Great I thought, one last effort, so I went for it knowing I could try and gain back the lead I had created. The end must be just around the corner I thought as the downhill stretch came to an end. They lied. It's not all downhill from here at all! With no idea at that point how much further it was, the legs getting weary and fields getting boggier I was not amused.

Quick look back, no harriers in sight. You gotta keep going I thought. Over the stile she goes and suddenly a familiar site, it's only the field we started in. Last 100m effort and I was home and dry. Well home and extremely muddy anyway. And despite all the pain and hard work, I did actually enjoy the run and couldn't quite believe I was the first lady harrier back. Finally I had had a good race.

'Terminator – Here I Come'.

Karen (I hate racing but maybe not quite as much as I used to) Duckenfield.

"Runner of the Month"

Name : *Jeremy Coward*

Age : 35

Running Years : 25 (*Had my 1st pair of running spikes when I was at primary school!*)

When and why did you join the 'Chippenham Harriers'?

I joined back in 1984 when the club had a junior section. I then moved to Bath AC, where I had my own coach. I returned to Chippenham Harriers some years later after speaking to Steve Thomas and whilst training for my 1st marathon.

What is your favourite race and why?

I only really enjoy flat road racing (because its what I'm best at) so my favourite races would have to be Oldbury 10 and Bath Half.

What is your least favourite race and why?

It would have to be anything off road, a particular dislike is the Dursley Dozen, its too hilly, muddy and long.

To date what has been your best running 'moment'?

That would have to be the 2004 London Marathon when I achieved a personal best of 2hrs 45minutes, with a negative split, and the last 10k ran in 37:58. But I would also remember the Cotswold Relays of 2004 when I won leg 4, and it's off road!! 2004 was by far my best year.

What are your running aspirations for the future?

Nowadays my running aspirations seem to involve a buggy! I am aiming for a sub 40m 10k and am happy to pace anyone who wishes to join me (no, not in the buggy!)

<u>Personal Best Details :</u>	<u>Distance</u>	<u>Time</u>	<u>Year</u>
	10k	33min42sec	1999
	10M	58min01sec	2004
	½ M	1hr15min	1998?
	Marathon	2hr45min43s	2004

Team Races

Many of you will have noticed that there is a noisy fella who has recently started to go on about "team races". He has even managed to get an email address (races@chippenhamharriers.co.uk).

"What is the point?"

We are a club: A team. It is fantastic when you win events or get a PB, but there is something special about winning as a team - we should prove we are the best club!

We now have more than one hundred members and when we turn up at races, we *really* turn up. Look at the Terminator race in February: We won the lady's team prize, came first *and* third in the men's team event and won the "Big Team Prize" (the first eight club members home) - we swept the board!

"OK, so we rock at team events... why the fuss?"

The fuss, my dear Watson, is all about the fame and the money. You may have noticed (courtesy of our fantastic press officer, ESD) the brilliant media coverage that we have been getting as a club. This hasn't gone unnoticed by the local council, either. We are being offered potential funding to aid with the hugely successful beginner's group which Lottie started last summer.

The extra money we could be bringing in through funding, extra membership fees etc. mean that we can improve our facilities at the S&SC, pay for coaching and equipment and even subsidise trips to races.

It doesn't stop there, though. The more publicity we get, the more people of ALL abilities will get to hear about us. Hopefully we'll increase our numbers across the entire ability range creating lots more training partnerships. It is always easier to improve when you are doing it with somebody.

"OK, I'm half-convinced... what now?"

If you wish to take part in, or tell me about any races then please do email me (races@chippenhamharriers.co.uk) or pop your name on the forms which will appear on the notice board at the Sports and Social Club.

There is NO cut-off standard and if numbers are sufficient you *will* get a team place.

Upcoming events:

Corsham St. George's 10k	(22/04/07, Teams of 4)
Heddington Relays	(first one: 12/06/07, Teams of 3)
Cotswold Relay	(30/06/07, Teams of 10 – forms up on notice board now)

Thanks Paul for another interesting article

Charmouth Weekend Social

6th - 8th July 2007

An important date for the social calendar is our annual weekend down in Charmouth. The weekend is guaranteed to be fun packed with adventure for the whole family. This is one not to be missed.

The main event of the weekend is the Golden Cap challenge, which is a race, which takes place on the Saturday afternoon. The event is for serious runners, fun runners and families.

The Challenge follows a hilly multi-terrain course of about 8 miles through some of the finest coastal scenery in the South West. It includes an ascent of Golden Cap, the highest point on the south coast of England at 191m.

The Fun Run follows a 2.5 mile course in the same area. The venue for both runs is Dorset's beautiful Jurassic Coast, a World Heritage site and is metres of Charmouth's famous fossil beach.

There is a fete to entertain spectators. Information and entry forms available from www.charmouth.dorset.sch.uk

The main race is in the club championships so this is one not to be missed. For those of you that want to make a weekend of it, then bring your tent or caravan and join in the pack camp at:

Golden Cap Holiday Park, Seatown, Chideock, Nr.Bridport, Dorset, DT6 6JX

Tel: 01297 489341

<http://www.wdlh.co.uk/goldencap/index.asp>

We usually travel down on the Friday night, pitch up camp then grab some pub grub in the evening. The race is the main event on the Saturday, which is followed by a group BBQ in the evening. This is followed by rounders, games, skinning dipping, drinking, singing etc. As if that's not enough, we finish the weekend with a pack fryup on the Sunday morning.

A great social weekend is guaranteed but be sure to book your pitch early as the campsite fills up quickly. For more details see Wiggy or Lottie.

Useful information...

Chippenham Harriers Committee 2007

Chairman	Charlotte Watkins
Treasurer	Mandy Peaple
Secretary	Ann Slator
Social Secretary	Ian Wiggins
Committee	Caroline Blake (Newsletter)
	Nadege Coignard (Health & Safety Rep)
	Chris Constable
	John Duckenfield
	Paul Gilham (Team Race Organiser)
	Neil Perry (Website Administrator)
	Jon Rich
	Steve Wood

Gazette & Herald Correspondent

Steve Miller

Club Merchandise

Club Vests: Sportz Form, 1 Gastons Road, Chippenham, Wiltshire, SN14 OET
Tel : 01249 653109

Club web-site

(c/o Neil Perry) email administrator@chippenhamharriers.co.uk

Newsletter

Editor Caroline Blake e-mail newsletter@chippenhamharriers.co.uk



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Publication Changes

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Name : _____

Address : _____

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