

# The Chippenham Harrier



**Spring Issue 2008**

**Edited By : Caroline Blake**

## Your New Committee for 2008....

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Following the AGM held on January 18th 2008 we are pleased to welcome on board to the Committee four new members.

Eight of last years members have signed up for another year! (It can't be that bad!) They are Charlotte Watkins (chair woman for 2006, 2007 and 2008), Mandy Peaple (our much appreciated long serving Treasurer), Neil Perry, Paul Gilham, Steve Wood, Nadege Coignard, Ian Wiggins and myself Caroline Blake.

The four new recruits who have kindly volunteered their services are Paul Cox (winner of the 2007 Best Newcomer award),

Phil Hayward, one of our more mature members ! - he has just celebrated 20 years with the club, Alex Stubbs—her creative skills shown at the annual awards evening are



sure to come in useful and Sue Stewart.

Sue saw the light of day a few years ago when she transferred from Corsham Running Club to Chippenham a move she has hopefully not regretted!

Since the AGM the Committee have got to together to set the targets for the forth coming year and agreed upon new roles.

The Committee meet once a month to address all club issues and work towards achieving our plans and objectives.

For further information on 'who does what' please refer to the 'About Us' section of our website where you can see who we are and what we do. Every year we look for new members to the committee to introduce fresh ideas and opinions... so just remember .... next year it could be you? ....

## 'Wiggle' it and earn funds for Chippenham Harriers!

Do you know that if you use the direct link to Wiggle from the Chippenham Harriers website you can earn the club money.

Wiggle is a great website selling many of our favorite running shoes at greatly reduced prices.

They are also great for lots of other sporting equipment.

So please remember next time you want to buy something from Wiggle log on via our website and you will help to earn the club money.



## Chippenham Harriers—Youth Running Club by Steve Wood

Final preparations are being made for the launch of the Youth Running Club on April 23<sup>rd</sup> this year at Hardenhuish School Sports Centre. The club will be run as a year round scheme for 11 to 17 year olds every Wednesday evening 6:30 to 7:30pm.

The idea for forming the Club was inspired by the frustrations experienced by my very own daughter Elly (at the time 14 years old) who, unaware of the Clubs age restriction rules, was unable to join up for a beginners session. This, coupled with countless queries from parents on behalf of their children after such events as The River Run, fuelled the drive for getting this idea off the ground.

Our mission is to hold structured weekly training sessions in a fun environment with each participant working towards realistic goals and catering for a range of running abilities. One of our medium term aims is to organise competitive cross-county events with other like minded clubs within the County. I've also been approached by another Club with an idea to form a mini-league within the County. In time we hope to represent Chippenham Harriers at County and potentially District events.

Although marketing of the new scheme has so far been restricted to a fairly small



**"Our Mission is to hold structured weekly training sessions in a fun environment"**

article on a link off the Chippenham Harriers web site there has still been a lot of interest (see [www.chippenhamharriers.co.uk/youth](http://www.chippenhamharriers.co.uk/youth)).

All senior school PE heads within the area have been contacted and have voiced their support. (Note that the web page will comprise a more comprehensive breakdown of the scheme within the next couple of weeks or so)

There have been many boxes we've had to tick along the way, some of these include Level 1 and 2 England Athletics coaching courses, Child Protection courses, St Johns First Aid training, and others. A six team sub-committee is working tirelessly behind the scenes and they all deserve a mention. They are Nadege Coignard, Kirsty Murphy, Brian

Nicholson, Mike Thomas, Paul Gillham and of course me. A special mention also for Mandy Peaple who has kindly offered to act as treasurer for North Wilts Athletics committee in exchange for support from their long standing secretary Alan Hayes. Alan has over 30 years experience in coaching children of all ages and has agreed to attend our initial Youth sessions in an advisory capacity.

Lastly we urge every Chippenham Harriers member to get involved in any way you can. You really can make a difference, put the word out amongst parents and schools or get involved directly in running the Club. We are desperately looking for members to come forward and offer up 1 or 2 hours per month as volunteer helpers, remember that this does not necessarily mean you have to run, for example it could be something like placing/collecting cones for a relay race, etc.

If you'd like to get involved or if have any other queries then by all means contact me via email at [youth@chippenhamharriers.co.uk](mailto:youth@chippenhamharriers.co.uk) or give me a call on 07794 431728.

Steve Wood

## Exmoor Weekend Away—Taking the 'Easy' Option by Michelle Escudier

I only started running with the Harriers mid Jan this year, after Ali Farropa told me about the club and how it's got a good social side and is open to runners of all levels. At the first meeting I went to the weekend away in Exmoor was mentioned, but I felt that as I hardly knew anyone and was very new to running, that it wasn't for me.

However when it was mentioned again 10 days before the trip I decided that not knowing anyone wasn't going to stop me. Going to Exmoor really appealed and having looked up more details on the website I knew the Youth Hostel and there was the option of walking as an alternative to mountain biking and running. I spoke to JD who reassured me that it didn't matter that I didn't know anyone and that my level of fitness was sufficient.

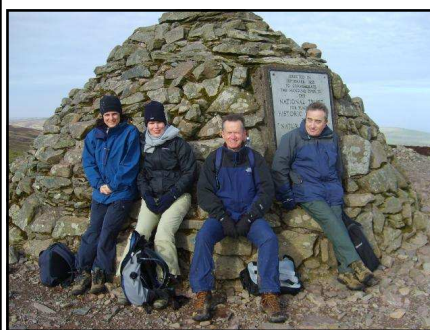
Luckily a good friend of mine Nicola who I knew through a walking group also liked the idea of a weekend in Exmoor and was able to come along, so at least we were both going to know 1 other person there! When we arrived we were a bit concerned we'd gate crashed a lads weekend away, but although us girls were outnumbered, Sue and Joc were also in the party and everyone was friendly and welcoming.

Friday night was a chance to unwind from the week and also look at plans for Saturday. 5 of us were going to be 'taking the easy option' of walking while the rest of the party had a 40k mountain bike ride to look forward to. Luckily I'd brought along my (well used) map and Steve and I worked out a route that was about 15 miles that would start by climbing up to Dunkery Beacon and take us back along the wooded valley from Tarr Steps. I'd not done a 15 mile walk for over a year, so it sounded challenging, but the forecast was good and we had all day to complete it.

So shortly after the mountain bikers had left, at about 9.45 Steve, Chris, Wiggy, Nicola and myself set off

into the sunshine with our packed lunches in our rucksacks, wrapped up against the wind.

Going up Dunkery Beacon was easier going than expected and the views at the top were well worth the climb. It was very windy at the top though so we didn't hang about long – just time for a couple of photos. Then we headed south for a steep diagonal climb up to Bye Hill – not that Chris seemed to notice it was steep! Our reward was a lunch stop next to the sheep dip. It was in the sun and out of the wind and there was even a seat (a bucket) which Chris used. That gave us energy for



*"Only another 4 miles to Exford!"*

another steep climb up the 'Punchbowl' to Winsford Hill. Sadly no sign of any punch. The map reading was a bit of a team effort, but we managed to get onto 'Watery Lane' which led down to the river to join the Two Moors Way.

So far so good, but the legs were tired enough to make us decide that we'd rather give the 'small' detour to Tarr Steps a miss. The stretch that wound us back along the river to Withypool seemed much longer than it looked on the map. But eventually we got to habitation! The final leg we'd picked out the previous evening was along a road back to Exford. But before we got to the road we came across a 'permitted path' that wasn't on my map that said Exford 2 miles via Room Hill. That sounded like a much better option than walking on tarmac, so off we set up yet another hill which had 'ladder' stiles between each field to test the legs a bit

more. We reached the top of the hill and crossed the main road knowing we just had to go down the other side and we'd be in Exford! Wrong!

For some reason (perhaps this is why I never led a walk with the Ramblers) I also decided it was safe to fold up the map and put it away. We then had to descend a really steep hill, which was all loose stones. It was a killer on the legs, but we could hear the river below that we knew led to Exford, which kept us going. Even though it didn't seem right that we couldn't see any signs of Exford, we continued our descent, convinced we were on the right track.

At the bottom of the hill was a way marking sign next to the river – promising, but sadly on closer inspection it said Exford 4 miles. 5 hearts sank! Going back up that hill was not an option any of us could face. Apart from the 4 miles, there was another catch – the path was the other side of the river and the only way over (through was only an option if you were on horseback!) was across a rounded log with two bits of string to hang on to. My heart sank even lower!

Chris and Wiggy joked their way across (done it before with bikes on their backs supposedly). Nicola didn't want time to think about it so was over next, with Wiggy holding the ropes taught to help. Steve wasn't happy, but obviously didn't want to be shown up by 2 girls making it over before him and was next to cross. I didn't see him or Nicola go across as I had my head in my hands muttering 'I can't do it!'. I just had visions of slipping and injuring myself landing on the rocks in the river and not being able to walk the last 4 miles back. But it was that or turn back up the hill and get everyone else to turn back too.

Continued on page 4.....

**Exmoor Weekend Away—  
continued.....**

The light was also starting to fade by this point. So I somehow forced myself to have a go – I just stopped thinking and put one foot in front of the other. My hands were going numb by then with fear, so I knew I couldn't hang around. Wiggy was a hero in helping me across, even though we had a couple of 'wobbles' when I thought that was it and we were both going in. Compared to that experience the last 4 miles were a stroll in the park, even where it was boggy! The cycling party had long since got back to the hostel and had made a concerned call to check our whereabouts, but eventually we saw some buildings and staggered into the hostel some 8.5 hrs after we'd set off.

My pedometer told me I'd done 44,600 steps and we reckoned we'd walked 18 miles in all. Luckily once we were back we were only a few steps away from hot food, alcohol and an fiercely contested quiz after everyone had swapped tales of the day. Check the glowing faces on the website as evidence of the fresh air we'd all had!

I slept so well that night (even with a chirpy cockerel outside the window!) and was happy to do a sunny 6 mile walk the next day, tracking back where we had gone wrong and to loosen up the tired muscles from the previous day.

All in all it was a fun weekend in great company and I'm really glad I'd not taken the really easy option and stayed put in Chippenham!

Michelle

Ed; Thanks Michelle for a really interesting insight to the latest Youth Hostelling experience!

**Chippenham Harriers Time Trials.... By Paul Gillham**

I have (For some time) been toying with the idea of introducing time trials to the Chippenham harriers training schedule.

They are beneficial to the runner for many reasons, some of which are set out below:

- They teach you how to pace yourself over a certain distance. By regularly practicing over a set distance you can learn how to avoid going off too quickly/slowly.
- They are a target—instead of “plodding on a club night you could have an aim to work at, and it could be incorporated into a training plan very easily
- They tell you roughly what your training pace should be; if you can do one mile in x mins then you should be able to do 5k in y mins etc.
- [Last, but by no means least] they are a damn good session!

To test those waters I am proposing a one mile time trial as a starter. This should shake things up and get everyone's fast twitch muscles..... well...twitching, really!

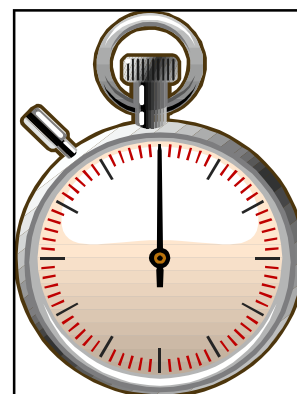
If it proves popular we could progress onto other distances or more regular trials.

What I need is feedback.

What do you think of the idea?

Would you be interested in taking part?

Do you know of any safe loops of workable distances that we could use for this?



**Are you ready to try a  
one mile time trial?...**

Would you be happy to use the grass track at Sheldon school?

How often should we do this or is it a one off Charlie?

Let me know your thoughts at [races@chippenhamharriers.co.uk](mailto:races@chippenhamharriers.co.uk), by pm on the forum (user: PaulG) or in person on a Tuesday/Thursday club night.

## "Runner of the Month"

Name : Nick Golledge

Age : 39

Running Years : *I think I started in 2004 , so 4'ish!*

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

*I had already started running and wanted to step up my distances to half and full marathon so I came along a few times to club and was made to feel very welcome. I already knew Alan Shepherd which helped and I soon felt like I'd been a member of the harriers forever!*

What is your favourite race and why?

*My favorite race is the Cricklade half as it is a small local event on a good flat course without any big race problems like long queues and car parking problems.*

What is your least favourite race and why?

*I am not really sure about my least favorite race. For the first 3 years of being a member I did quite a few races (not in comparison to Bumble but everything is relative!) and it took me that long to work out I really wasn't very good at it! I haven't raced since October last year and don't really have any plans on racing for a while. I really enjoy just getting out in our beautiful Wiltshire Countryside and racing isn't that important to me.*

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

*Finishing the 2 marathons , Cardiff 2005 and London 2006 was good, as was a hugely unexpected pb of 1hr 38mins at Cricklade half in 2006. But the best was the day I ran all the way up Naish hill for the first time (thanks to Mark and Mel).*

What are your running aspirations for the future?

*To stay fit and healthy for as long as I can so I can enjoy running the places I already know and finding some I don't already know about!*

<u>Personal Best Details :</u>	<u>Distance</u>	<u>Time</u>	<u>Where/When</u>
	10k	44mins + ?	Corsham
	10M	85 mins	Weston Tough Ten
	½ M	1hr 38 mins	Cricklade 2006
	Marathon	3Hrs 57mins	London 2006

## 'Cani' do the Cani-Cross?!?! By Caroline Blake on behalf of Jeremy Coward!

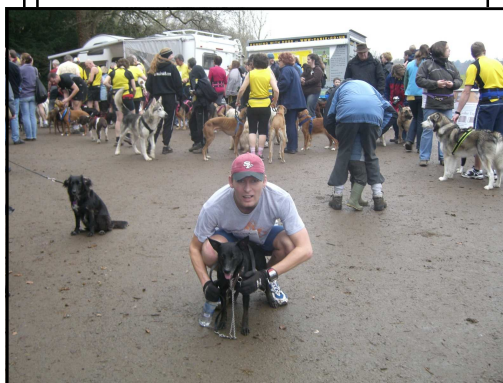
It started with “I want to try something different....” he was talking about running—honestly. Jeremy wanted a new running challenge. So I browsed through the latest edition of Runners World and there it was ‘Cani-Cross at Westonbirt Arboretum’ on the 24th February 2008, it was that or Terminator! All he needed was a dog. Well fortunately my mum and dad have a small black dog called ‘Bess’. She’s done Castle Combe once or twice with us but that’s about it, she has certainly never ‘officially’ raced before. You get a choice of a 2.5k or 5k race Jeremy opted for the latter! (he felt it wasn’t worth getting out of bed for the shorter option!).

On the day dad handed Bess over to us with some trepidation, rather like a parent taking their child to school on its first day with a “you will look after her” look in his eye (she is the love of his life!).

We arrived at Westonbirt and gave Bess her pre-race briefing of “run as fast as you can!”. There were over 150 dogs partaking in a series of age/distance races. Some were obvious pros arriving in their racing ‘cages’ and sporting professional harnesses. Bess sat on the

front seat of the car whilst Lauren and I were demoted to the back, and we had a choice of leads ranging from black leather to a bit of old rope! We certainly looked like novices.

Lauren had chosen to bring her ball to play with—not the best choice of toy with so many eager players! Still it was entertaining.



To avoid confusion each racing pair is given a number and allotted a start time going off at 30 second intervals. Fortunately Jeremy was number 7 which meant we wouldn’t have to hang about too long. After the longest race brief I have ever known the competition started. However the start was somewhat crowded which frightened Bess (all though she came from Bath dogs home she can often get scared in the company of other dogs—something I had failed to mention to Jeremy!) and she managed to slip her lead, fortunately someone

grabbed her before she headed off home!

The race started with an up hill climb, Bess was eager and I think Jeremy was struggling to keep up, completing the first mile in an impressive 6min 15secs! At this point they also overtook the person who had set off 30 seconds in front of them.

The second mile was equally impressive in 6min 19 sec, although the terrain was flatter but more boggy underfoot/paw!

The final mile (well 0.6 of a mile—the race was only 4.6k!) the duo were on for a 6min 08 sec mile. Overall Jeremy/Bess overtook 3 runners/dogs completing the race in a bounding time of 16 minutes and 39 seconds.

As the racing went on all morning we had to wait until the evening for the results. In his age category (Jeremy’s not Bess’s) they came third, not bad for first timers! The winner completed the course in an astounding time of 14 minutes and 38 seconds!

I think they both thoroughly enjoyed the event and I am sure we will be back there next year. Bess certainly slept well in the car on the way back but wanted to play ball as soon as we got home!

## The 2008 Club Championship Results as at 1st April 2008



Please find listed below current club championship results (after and including Forest of Dean Half Marathon) on each of the 4 competitions. Each table only shows the top ten positions for each category (for complete listings please see the relevant page on the website).



### Mens Age Graded Championship

1	Paul Dodd	4	80
2	Paul Gillham	4	64
3	Neil Perry	4	64
4	Jason Roberts	4	62
5	Mike Thomas	4	56
6	Steve Bollen	3	51
7	Rich Schofield	2	38
8	Wayne Hayes	2	37
9	Ade Hurren	2	37
10	Neil Lewis	2	35

### Mens Open Championship

1	Paul Dodd	4	79
2	Neil Perry	4	69
3	Paul Gillham	4	67
4	Jason Roberts	4	62
5	Mike Thomas	4	60
6	Steve Bollen	3	40
7	Rich Schofield	2	39
8	Neil Lewis	2	38
9	Jeremy Coward	2	37
10	Wayne Hayes	2	35

### Ladies Age Graded Championship

1	Joc Dodd	4	80
2	Margaret Napier	3	57
3	Nadege Coignard	3	49
4	Debbie Jones	2	38
5	Brigid Browne	2	37
6	Cheryl Hurren	2	36
7	Linda Opie	2	34
8	Alex Stubbs	2	32
9	Kirsty Murphy	2	31
10	Kate Pearce	2	31

### Ladies Open Championship

1	Joc Dodd	4	78
2	Margaret Napier	3	56
3	Nadege Coignard	3	50
4	Debbie Jones	2	39
5	Brigid Browne	2	37
6	Cheryl Hurren	2	36
7	Kirsty Murphy	2	33
8	Linda Opie	2	33
9	Kate Pearce	2	33
10	Alex Stubbs	2	31

**Chippenham Half Marathon Update**

**SUNDAY 14<sup>th</sup> SEPTEMBER 2008  
at 0930**

Plans are well underway for the Half. Hopefully all of you will have visited the Half Marathon website, which is looking fantastic thanks to all Kevin's hard work. If anyone has any further suggestions/ideas that could be included please let us know.

We have received over 150 entries in the first month, so are looking forward to a great turnout in September.

We have 3 main sponsors confirmed: Goughs Solicitors, Knorr-Bremse Systems for Commercial Vehicles Ltd and Westaff and are awaiting confirmation of one more. Charlotte has been very busy drumming up interest amongst the local business community and many others are getting involved in a smaller way.

We are expecting full involvement from all Harrier members on the day. As most members will be aware, we have said that Harriers can enter the Half, but if they do a named adult must be provided in their place who will be willing to attend pre-race meetings and commit to helping on the day.

The success of the race will depend on the quality of the organisation and marshalling on the day. We have all been to races where this has been lacking, and most of the time we do not return a second time. We do not want this to be the case with the Chippenham Half so please put the date in your diary now (if it isn't already in there) and ensure the Chippenham Half is an outstanding success for all concerned.

Written by Ann Slator

**Email to club received from Stride Travel**

Dear Caroline,

We are an independent travel agent based in Sunbury-on-Thames and work with a company in Marrakech to organise high altitude (up to 3500m) training holidays in Morocco's stunning High Atlas Mountains.

Places are available on our 9 day training holidays starting on Saturdays between April and October 2008 and we wondered if any of your club members would be interested.

For Chippenham Harrier members we can offer the following discounted prices:

£379 per person for group bookings of 2 to 4

£359 per person for group bookings of 5 or more



**Strides Travel**  
www.stridestravel.co.uk

**RUNNING HOLIDAYS IN MOROCCO**

Does your training need the boost of an intensive and high altitude (up to 3500m) workout?

Discounted prices for club members on our 9 day training trips in Morocco's stunning High Atlas Mountains



**£379 per person for bookings of 2 to 4**  
**£359 per person for bookings of 5 or more**

Prices include 6 nights' full board in the Bougamez Valley and 2 nights' bed and breakfast in the exotic city of Marrakech, all transfers and the services of an experienced, English-speaking, local Berber running guide.

**These 9 day trips are available starting on Saturdays between April and October 2008**

Please also enquire about our short running breaks to Morocco for the Casablanca Half Marathon, the Marrakech Marathon and Half Marathon and the Marathon de Zagora.

**For more information contact Ian at Strides Travel on 01932 770530 or at info@stridestravel.co.uk**

Strides Travel Limited is a private limited company incorporated in England and Wales (company number: 5507426) with a registered office at 5 Heritage Close, Sunbury-On-Thames, TW16 6PY, United Kingdom.

Travel Trust Association member U4969, Air Tour Organisers Licence holder T7261




Prices include 6 nights full board in the Bougamez Valley and 2 nights bed and breakfast in the exotic city of Marrakech, all transfers and the services of an experienced, English speaking, local berber running guide.

We can arrange flights to Marrakech with full service scheduled airlines such as Royal Air Maroc or members can book their own budget flights.

We also offer short running breaks to Morocco for the Casablanca Half Marathon, the Marrakech Marathon and the Half Marathon and the Extreme Marathon de Zagora.

For further information please contact Ian at Strides travel on 01932 770530.

Thank you for your attention and we look forward to hearing from you or your club members.

With kind regards

Ian Lacy (Director)

## Message from the Chair

Well another busy year is well underway and the committee have had four meetings to date (in addition to the AGM) which have been very productive and needless to say very long! (sorry folks!)

In January at the AGM we said farewell to four of our committee members and welcomed four new members in their place.

For those that missed the AGM, we gave our thanks to John Duckenfield (JD), Chris Constable, Ann Slator and Jon Rich or have all been long standing committee members for many years and have been dedicated to the activities of the club. Their input has been fantastic and they have made a significant difference in shaping the clubs success over a number of years. Despite standing down, JD has confirmed that he will continue to act as Youth Hostel organiser which is a key part of the club calendar, and Chris Constable and Ann have eagerly taken on the task of organising this years half marathon.

This year the Committee welcomes Phil Haywood, Alex Stubbs, Sue Stewart and Paul Cox. On behalf of the committee I would like to thank them for standing forward and look forward to working with them over the next year.

We have set our mission and agreed our priorities for the year ahead as set out below:

“We believe running is for everyone.

As an active and communal club, we welcome people of all ages and abilities. By sharing our experience and enthusiasm, we inspire and actively encourage one another to reach our own personal milestones and extend our abilities.

Whether it is to run further or faster, we aim to make running a friendly, feel-good part of life.”

Our five key priorities this year are as follows (all of equal importance):

- \* The Chippenham Half Marathon
- \* The launch of Chippenham Youth Section (23rd April)
- \* Coaching for all members
- \* Membership retention and
- \* be part of delivering a running track for Wiltshire

In addition to the above we propose to run another two beginners sessions, produce a club hand book, resurrect the annual treasure hunt, sell more club clothing, organise a special celebratory YHA for our 25th Anniversary, and organise a club Hash! (For those that are new to the term this involves following a trail of flour in small teams!) If you would like to get involved in any of our plans this year your help and support would be much appreciated. Please let me know!

The committee are looking for a volunteer to take over the Triathlon co-ordinator post which Jon Rich was responsible for. Please let me know if you would like to take this on.

Finally I will take this opportunity to thank in advance the committee for their time, support and dedication to the club over the year to come and look forward to this being another action packed successful year!

Lottie Watkins

April 2008

## Letter received from Jo Poole on behalf of St. Nicholas school

Dear Chippenham Harriers Committee,

I am writing to say a big 'thank you for choosing "SNAP" St. Nicholas' appeal for a pool charity to receive the charity funds raised by the Chippenham Harriers over the past year.

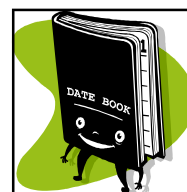
It is a charity that is very close to my heart as I have personally had the privilege of taking a supporting pupils from St. Nicholas school Chippenham to hydrotherapy sessions at Burton Hill school in Malmesbury. Unfortunately in July 07 the school closed and St. Nicholas pupils no longer have access to hydrotherapy. I feel very strongly that all efforts are made to raise funds for our own pool at St. Nicholas as it gives our severely physically disabled pupils a chance to move independently in the water.

It was a magical experience to see the pupils float and move to music with the least amount of adult support possible. One of the pupils who is a wheelchair user actually learnt to swim independently during her time at Burton Hill and it will be fantastic for her to have the opportunity for this again.

Thankyou again, I have enclosed our most recent newsletter for your information and the cheque needs to be payable to St. Nicholas appeal for a pool.

Yours sincerely

Jo Poole



## Dates for your Diary

23rd April—Youth Section Begins

9th May—Beginners Club starts again for 8 weeks meeting at 6.30pm at the Sports and Social Club

13th June—BBQ at Sports and Social Club

28th June—Cotswold Relays—get reccying your leg now!

9th July—River Run

14th September—Chippenham Harriers Half Marathon— we need you for marshalling!

10th October—Skittles/Quiz night at the Sports and Social Club

7/8/9th November—Youth Hostel Dartmouth, see JD for more details

16th Jan 2009—Annual Dinner

22nd Jan 2009—AGM

## REMINDERS

The committee would like to remind members of the following club rules (as set out in the constitution):

If taking part in a club run or event you should wear a CRAMTAG which identifies an emergency contact and details of any health conditions. These are available from Lottie for £2.

On winter club evening runs you should always wear a florescent vest available on line for about £7.

If you enter a race or running event as a Chippenham Harrier you should be a fully paid up member and you should wear your club vest;

If you are a member of another club as a second claim member please be aware of the following rules set out by UK Athletics:

### RULE 3 CLUB MEMBERSHIP

(1) First Claim Club. The first Club joined by athletes will be known as their first Claim Club and will remain so until they give notice that they wish to terminate their membership of that Club. Such termination will only be effective once all outstanding dues to the Club have been paid. An athlete who is a member of a First Claim Club is defined hereafter as a First Claim member. If athletes wish to commence a new First Claim Club membership then they must comply with the requirements set out in Rules 5 & 6 below. Once athletes have represented a Club in First Claim Open Team Competition they are ineligible to compete for another Club in Open Team Competition until the transfer process to that Club has been completed in accordance with these Rules (i.e. after six months or a period of partial or total exemption under those Rules)

(2) Second Claim Club. Notwithstanding athletes having a First Claim Club as defined in (1) above they are permitted to become a member of a Second Claim Club. Whilst this may be for social, coaching or other reasons that athlete may compete for that Club in competitions which specifically state in rules that its competition is open to Second Claim members. Such an athlete is hereafter defined as a Second Claim member.

The Committee

### Skittles Team Success

On 1st April our Chippenham Harriers skittle team had their final league match, which they won 9-6. They hope this win is enough to secure winning the division three title, however the contenders have one match left to play.

Next season our team will be in division two, so the pressure will be on even more!

Well done to all those who have participated during the year.

### Are you a Cotswold Captain?

Would you like to be a team captain for the Cotswold Relays? Yes, then please put your name forward to Paul Gillham. We are hoping to enter six teams so remember to keep the 28th June free in your diary.

Do you have something you would like to be included in the next edition of "The Chippenham Harrier"? Then please email it to me (Caroline Blake) at [newsletter@chippenhamharriers.co.uk](mailto:newsletter@chippenhamharriers.co.uk). The summer edition will be published at the beginning of July.

Many Thanks

Caroline Blake