

Harriers' Newsletter

Summer 2011

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From the Editor

Welcome to the summer edition of the Chippenham Harriers Newsletter. Included in this edition are race reports from the FOSMs 5 and the Stratford Marathon as well as details of the new Wiltshire Race League. Phil Hayward also recounts some of his memories from the Half Marathons that he has taken part in.

The preparations for the Chippenham Half Marathon are also continuing so if anyone is available to help on the day please contact a member of the committee to volunteer your services (and the services of any willing friends and family!).

Stratford Marathon - 8th May 2011

By Kate Walters

After 4 months hard training the day finally arrive, I woke up well rested and the hotel kindly let us into breakfast early to have the obligatory bowls of porridge. After having a nice lazy breakfast we had plenty of time to get to the start line.

Liz had kindly taken on the role of chief minder/driver for me over the weekend and I believe I tested her to the max.

I felt surprisingly calm as we waited for the start of the race, choosing to spend much of the time in the toilet queue before heading to the start line.

As it turned out we went the wrong way to the start line and ended up in a melee with the shoppers and

all the other runners trying to get to the start line, here is the first point that my stress levels started to raise.

As the race got underway I started to feel a bit calmer, the first part of the race was

a loop around the town, I completed this loop with my mate Warby who I had convinced to do the marathon with me to raise money for Dorothy House Hospice in memory of our friend who had died earlier in the year.

As I started running I felt that I needed to go to the toilet again, but I pushed on thinking that the feeling would go as soon as I got into the run.

The first few miles went on, I was probably about 15sec/mile ahead of my target pace, but I felt comfortable with this so pushed on. At 5 mile I took my first gel as planned. It was not long after this that I started to feel bad. My plan was to take gels every 5 miles, I spent the next few miles convincing myself that I must be closer to taking my next gel than I actually was, the miles between 5 and 10 gave me an insight into how difficult the rest of the run was going to be.

As I continued running I still felt the urge to go to the toilet, as I passed each portaloo along the route I'd decided the first one I saw that was empty I would go in, the first one that was empty came just before 10 miles so in I went..... It was at this point that it really started to fall apart.

Not long after my toilet stop the 10 mile point came and I got to take my second much longed for gel, I tried to take it out of my arm strap and couldn't get it out of the elastic, a kind spectator must have seen a look of distress on my face and helped me get the gel out, then I couldn't get the top of the gel off so he helped me do that too..... as I stood there taking my gel wondering how it could all have gone so wrong



already St Johns came past and checked if I was ok, that shocked me into getting running again and trying to get over my negative mindset that appeared to have set in.

So this is how it continued for the next couple of miles, Paul Byrne caught me up and had a bit of a chat trying to lift my spirits and I spent the next couple of miles with him in my sights. As I ran I started to realise that I was ridiculously thirsty, so kept sipping at the drink I was carrying but it didn't seem to be making much difference.

Then my efforts were focussed on reaching the half way point by the cut off point, I managed to do this (in my mindset I truly thought I wouldn't be able to do it) Just after this was the only water station that was giving out bottles, I ended up drinking a whole bottle of water, this slowed me down for a little while but didn't make me feel any better, at the next water station I took on more water but still felt thirsty. At this point I still had Paul Byrne near me, I caught him up and he asked how I was, I explained to him that no matter how much water I took on I couldn't get rid of the feeling of thirst, he looked at me and said "Kate, you're dehydrated sort it out" as soon as he said it I realised he was right but it took him to say it to me before I twigged! Therefore each time I got to a water station from this point I would stop take on water then jog slowly until I felt comfortable enough to up the pace, I also got the ladies at the water station to fill up my water bottle, so not only was I taking water at the stations, I was also taking on water from my bottle. Slowly I started to feel better. I knew that taking on that much water was against all race advice but I also knew that if I didn't take on the water my chances of completing the event would be limited.

As we turned onto the dreaded Greenway (the long 6 mile cycle path towards the end) ironically this is when I started to feel the best I'd felt during the whole event, I stopped needing to stop at the water stations and was able to just rely on the water I still had in my bottle. At mile 23 I started to feel really comfortable so excitedly started running 'properly' again, This is until I started to suffer heart palpitations, these were quite scary so I had to change my next target of running the last few miles home, I therefore started to run 0.9 miles then walk for 0.1 to give my heart a chance to calm down.

As I got closer to the end I started to feel a tad emotional, passing the McMillan cheering station at mile 25 really choked me as they shouted the words "you have almost completed your marathon" how I didn't start crying at this point I don't know!

At this time I decided I was running every last step of the last mile so was waiting for my Garmin to show 25.2 before I started running again. Just as my Garmin got to this reading I past a group of marshalls, one of whom kindly informed me that I was 38th in the walkathon and that I should be running, needless to say I wasn't impressed with his comment!

As I promised myself I managed to run the whole last mile, as I came back into the park I saw the 26 mile marker with a few familiar faces stood by it, the sight of Steve, Liz, Helen and Rachel all got too much for me and I could feel myself starting to get emotional again. As I ran the last 0.2 miles trying not to cry I was aware of Liz running along side me and it was nice to have her support at this point, the second I got under the finish line I could hold in my emotions no longer, I started bawling like a baby! Another runner started talking to me when he didn't realise I was crying, he looked mighty uncomfortable once he had a crying runner by him. At this point all I wanted was Liz to look after me but I still had to get through the marshalls trying to take of my chip and worrying that I was about to be sick in the finishing funnel (I wasn't ever a puke risk, I was just covering my face to try and hide how much I was crying) Finally Liz found me and after that it's a blur, she did a fantastic job of looking after me and even let me go to McDonalds, but not before I'd had a Cornetto from the Ice Cream Van!

My finish time was obviously nowhere near what I'd hoped for at 4.37.01, and even though I have thought about this a lot, I have not been able to work out exactly what went wrong, what I do know is that I plan to have another go at this beast that they call the marathon.

Some Half Marathon Memories

By Phil Hayward

As some of you may know I decided to race my last half marathon at the Forest of Dean Half in March this year. God knows how many halves I have raced in the last 23 years but I though I might share some of them with you.

My first half marathon was the ever favourite Bath Half which I completed in 1988. My time was 1 hour 31 minutes and this included a slight walk at 11 miles, due to a totally mis-judged pace. However, I don't want to talk about Bath, Bristol, Cardiff or Reading but some of the more interesting halves I have entered.

My favourite has to be the Forest of Dean Trails Half which takes place in March and follows the trails of the 'Forest' with some very small road sections. I like it because it is very well organized, completely traffic free, good value for money and a nice environment to run. There's also a fairly good goody bag as well! The course has made small changes over the years and there is always 'that hill' at about 6 miles. This year we started from Speech House and seemed to me to have a couple more hills on the course. However, still a great run, and one I can thoroughly recommend.

There have been some fairly local halves over the years, and I do mean local. The Biddestone Half Marathon was always run in conjunction with the Annual Biddestone Fete at the end of June. It also had a 10K option and a fun run for the kids. The Half did two loops which included our current Biddestone Thursday night Club run and also took in part of the A4 between the Cross Keys and the Allington turn off. Can't seen them doing that now! The year I entered it was very hot and I must have drunk about two pints of water at the finish. I can't remember my time as it wasn't memorable!

The Royal Arthur Half was based at the Royal Arthur Camp just outside Neston and was run by the personnel on Camp. It was primarily aimed at the forces as part of their championship, but local runners were invited to take part. Most runners thought the course was a little short, but this was made up by the ups and downs therein. My two claims to fame on this event were that it was the last time I beat Tom Smith in a race and I was, in 1992, part of the Mens winning team for the Chippenham Harriers. The great thing about this Half was that the Camp Mess prepared a great barbecue afterwards and beer was £1 a pint. A great race!!

The other local Half was the Chippenham Half which was run by the local Round Table and based at Hardenhuish School. I think I took part in the last one run by this organization. It was run in May and followed the route now used by our half. The day I took part, together with Rich Schofield, Tom Smith

and various others, it was pouring with rain and very, very windy. The entry was about 200 and I finished about 80th. My time was 1 hour 29 minutes. I think I can recall that despite the conditions both Rich and Tom had very good times.

I did venture 'up North' to take part in two halves in West Yorkshire. The first was the White Rose Half Marathon which was based in and around the town of Wakefield. The course was mainly flat but not particularly scenic, although you did run around a local lake. The entry was huge and I did note that there were a lot of clubs based in this part of Yorkshire and the runners were very keen on their running. The race was part of the Yorkshire Championship, open to both individuals and clubs and was very well organized. I can't remember my time but it was around the 1 hour 32 minute mark.

The second one was the Ackworth Half Marathon. This is located about 6 miles east of Wakefield towards Doncaster and had a real local feel to it. It was and still is, I think, run in March and again was part of the Yorkshire Championships. This is a great Half, very scenic, slightly hilly and even takes in the local village of the home of Geoffrey Boycott. What impressed me most was the friendliness of the fellow competitors. Noting my Chippenham Harriers shirt they, and the spectators, really made me feel welcome. I even got a 'mench' at the finish and two race t-shirts instead of one.

Now to the seaside for two more halves.

For one of the flattest halves I would always recommend the Burnham on Sea race. The course takes you from a local school in Burnham out to Brent Knoll and the return is via the back roads passing the seafront. The course was as flat as a pancake with one slight rise to cross over a bridge spanning the railway (twice). I achieved a PB with 1 hour 27.45 minutes after spending most of the time chasing a fellow Harriers called Mike Tawn.

The other seaside race I took part in was the Exmouth Half. I did this race twice. It was held in August as part of the towns carnival. Despite its location it was certainly not a PB course being very hilly once you left the seafront. The long haul pack from just outside Budleigh was very undulating and certainly a test of stamina. The race started and finished at the local rugby club and was very well marshaled. Once the

race was over you could venture to the lovely beach and relax after all the hard effort. I don't think they run this event anymore ... shame!

Well that;s about it really. Just a small snapshot of some of the numerous half marathons I have taken part in. Hope I haven't bored you, but I really have enjoyed all these races ... did I say enjoyed ... must be mad! No comment please!

Just for the record, my first half, as mentioned was Bath in 1988 and my last was the Forest of Dean this year. My PB (Bath 1993) is 1 hours 26.26 minutes and PW (Forest of Dean 2011) is 1 hour 51.37 minutes.

Race Report: Friends of St Marys 5 Mile Road Race and Family Fun Runs - Sunday 12th June 2011

By Gemma Collings

Venue: The Chippenham Rugby Club

Course: Rural, Scenic, Undulating, WET, WET, WET AND WINDY!!

Weather: Most foul day June has possibly ever seen!

Order of the day for the organisers: wellies, waterproofs and strong sense of humour.....

Order of the day for the Athletes: Thank goodness 98 runners remembered that skin is waterproof!

After 6 hours of setting up in glorious sunshine on the Saturday race day turned out to be wetter than wet. It would be a non-exaggeration to say that we were slightly apprehensive as to how well the wet weather plan would go given that the three previous FOSM's 5's have been raced in heatwaves!! However it was too late to look back so the show got on the road at 8am with all the very hardy volunteers rolling in smiling and pretending that the weather wasn't an issue.....

As per previous years the event kicked off with the kids fun runs and warm ups and it's official the kids of Wiltshire are made of Steel! The Fun Runs went as they usually do, incredibly fast and fiercely competitive highlighting some of the brilliant talent that local running clubs such as Chippenham Harriers Youth, Bath and CRC are helping to develop. There were lots of very proud parents and rightly so at the end! Many parents commented on how their kids (particularly the older ones) love to do the FOSMs Fun Runs because it has the feel of a professional race which often the kids don't get. So we were very

pleased and proud to have those compliments thank you if that was you!!



The main race although still being to grow in numbers never seems to be lacking in talent with two new course records being set in both the men and ladies race. 98 runners started, including a great turnout from Chippenham Harriers and given the weather we were just happy that anyone had

turned up. (As Mike quite rightly reminded me as he sheltered under the gantry from the torrential everlasting downpour - I owe a lot of people a lot of beers!!). Alistair Sheffield from Team Bath beat the incredibly talented Simon Nott into second place with an outstanding time of 26.20; although Simon finished in an equally impressive time of 26.40. In the women's race Amy Chalk was first home in a fantastic new course record of 28.26 to take the veteran category. It



seems that the female vets were out in force claiming the first four female positions over the line. First in the female open race was Helen Pettemerides from Team Bath in 37.49, well done Helen! The veteran challenge for the men was taken care of by Gary Hughes from Team Bath with a very credible time of 30.23. Kelly Wariner from Chippenham Harriers picked up the U18 girls prize. The team events were conquered by Team Bath for the men and a very strong performance by Chippenham Harriers ladies despite Kate's raging hangover from the night before!

The £50 cash prizes went to Amy and Alistair with all the other category winners getting a trophy and token prize. But all in all everyone who took part was a winner given the conditions which surprisingly many

said they had relished afterwards and it didn't seem to slow too many down.

A good turnout from Chippenham Harriers both from the Main Club and the Youth. A very special thank you goes to the Committee of Corsham Running Club for supporting us in our 4th year of this event and it was wonderful to see so many Corsham Runners out on the day - we really did appreciate it. It will never be Corsham 10K but for the school the funds that we have raised over the last 4 years has helped us to finish the junior playground, buy a new piano which is used daily, renovate the reception play area and get some new bikes for the reception kids to whizz around on. It enriches their play time every day and for that we are truly grateful in a climate when school funding for even the essentials is under immense pressure for cuts.

We are as yet undecided on the future of the race but no matter what this race has been a massive achievement for all the mums and dads of the school who organise it - not to mention the huge learning curve!! We hope that we've made a valuable contribution albeit small to the sport of running and keeping it live and healthy in Wiltshire.

Thank you and Very Best Wishes from Friends of St Mary's Committee.

PS David H have you forgiven us yet for the gantry.....?

Cotswold Relays

Well done to all those that ran the Cotswold Relays this year.

The final finishing positions are as follows:

Vets Mens Team – 8th overall (1st Vet Team)
Senior Mens Team – 10th overall (7th Mens Team)
Ladies Team – 34th Overall (3rd Ladies Team)
Mixed Team – 47th overall (18th Mixed Team)

Thanks for all those that helped with the organization, drinks stations and mini bus.

Congratulations also goes to Tom Smith and Jeremy Coward for completing all ten stages of the Cotswold Relays and picking up the 'King of the Cotswolds' award.

The Wiltshire Race League

By Darren Wrintmore, Wiltshire Road Running Secretary

For many years road running has been the poor relation in Wiltshire athletics, which is somewhat surprising given that there are only two publicly accessible tracks in the county! Since being elected as the new Road Running Secretary of Wiltshire Athletic Association, I have set about trying to redress this status.

The re-establishing of county championship road races with the Wiltshire 10, Melksham 5K and Castle Combe 10K, getting county medals around the necks of some of our counties road running specialists. Still to come this year is the Swindon Half Marathon which will also be a county championship race over that distance.

These events are paving the way for a more ambitious undertaking – The Wiltshire Race League which will run its inaugural season in 2012. The League has been developed from its original proposal with input from Michael Bright of Chippenham Harriers along with representatives from Avon Valley Runners, Corsham Running Club, Swindon Harriers, Highworth Running Club & Team Bath.

The concept of The League is straightforward: There are twelve races selected from within the county (or just outside) over a spread of distances ranging from 5K to Half Marathon. Athletes (yes, even road runners are athletes) then achieve a score according to their finishing position relative to other athletes belonging to Wiltshire affiliated clubs and of the same sex. However there is a cut off as to how many athletes can score for a club and for the inaugural League this has been set at 10, with the first five scorers forming the 'A' team and the second five scorers the 'B' team. In future season's clubs can opt to buy 'C' and 'D' teams if demand dictates. With the first Wiltshire athlete scoring 100, the second 99, the third 98 and so on, the team then achieves a total score for the race – this then translates into League points. With the highest scoring team gaining 20pts, second 19pts, third 18pts etc. The following example is based on Men's results at the Wiltshire 10 earlier this year.

Pos	Team	Score	Points
1	Avon Valley Runners 'A'	464	20
2	Chippenham Harriers 'A'	450	19
3=	Team Bath AC 'A'	412	18
3=	Swindon Harriers 'A'	412	18
5	Chippenham Harriers 'B'	379	16
6	Avon Valley Runners 'B'	358	15
7	Corsham Running Club 'A'	338	14
8	Salisbury A&RC 'A'	193	13
9	Swindon Striders 'A'	174	12
10	Highworth Running Club 'A'	132	11
11	Devizes Running Club 'A'	127	10
12	Pewsey Vale 'A'	107	9
13	Wootton Bassett Hounds 'A'	71	8
14	Team Bath AC 'B'	55	7

The League table is then built on the basis of a team's best-10 point's tally (this prevents clubs like Chippenham Harriers being prejudiced by the inclusion of a race such as the Chippenham Half into the League where there would be an expectation for members to assist with the race organisation rather than compete). The scores achieved at those ten events are also tallied and used as a differentiator, a bit like goal difference in the Football Premiership. The League winning teams (Men & Ladies) will be rewarded at the end of the League season as will the top points scorers, including those in age categories.

The League will also provide a means to identify athletes for inclusion in the Wiltshire county team and the revenue generated from Race Organisers "buying" their races into The League shall fund expenses enabling the Wiltshire team to compete at events much further afield than at present.

The League will start in February 2012 with the Longleat 10K with the following races forming the first season:

#1	The Longleat 10K	Warminster
#2	The Devizes 10K	Devizes
#3	St Georges 10K	Corsham
#4	The Highworth 5	Highworth
#5	The Bath Hilly 10	Bath
#6	The Springfield 5K	Corsham
#7	The TBAS 10K	Castle Coombe
#8	The Foxtrot 5	Broughton Gifford
#9	The Melksham 10	Melksham
#10	Cricklade Half Marathon	Cricklade

#11	The Clock Change	Calne
	Challenge 10K	
#12	Downton Half Marathon	Downton

The Chippenham Harriers Committee has decided that these races will also feature in next year's Club Championship. Therefore, when running these events Harriers will not only score Club Championship points, but can also score points for the Club in the Wiltshire Race League.

More information about The League can be found at www.wiltshire-athletics.org.uk

Darren Wrintmore
Wiltshire Road Running Secretary

Darren Wrintmore is also currently the Honorary Secretary of Avon Valley Runners with whom he has been a competitive member on and off for the last twenty five years, but will be standing down at the end of this year to concentrate on his role with Wiltshire Athletics Association.

Chippenham Half Marathon – 11th September

Please contact a member of the Committee if you are able to help out at the Chippenham Half Marathon. Bring any willing friends and family along as well!

Dates for your diary!

Dates have been confirmed for the following Club Championship Races:

- 18th August – Barbury Castle 'Track and Trail'
- 28th August – Foxtrot 5
- 25th September – Blackland Downs Challenge
- 2nd October – Marshfield Mudlark
- 2nd October – Cricklade 10K
- 13th November – Over the Hills 12K
- 20th November – Avebury 8



Social Events

20th September – Bath Ales Brewery Visit. Please contact Phil Hayward for further information.

If anyone has any ideas for social events please contact Kirsty Murphy.



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Welcome to Chippenham Harriers

Chippenham Harriers is a friendly running club with 150+ active members. We welcome runners of all abilities over the age of 17 years. We meet on **Tuesdays and Thursdays (7pm)** and **Fridays (6:30pm)** at the **Chippenham Sports & Social Club**. We also run a successful **Youth** section (6:45pm-8:00pm) every **Wednesday** at **Chippenham Sports Dome** for ages 8 to 17 years.

Chippenham Harriers is an affiliated club of the **British Triathlon Federation (BTF)**, **England Athletics**, **UK Athletics (UKA)** and **The Association of Running Clubs (ARC)** [more about Chippenham Harriers...](#)

Do you want to become a member?
[Download membership application form here.](#)

Full years membership £35.

New members are encouraged to attend the first Thursday of each month, come along meet us and see what you think.

Next Lacock Relay - Tuesday 23rd August 2011

The course is 2.6 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.

Upcoming Events

9th August (Tuesday)
Heddington Relays
3.4 Miles Road
[More details](#)

23rd August (Tuesday)
Lacock Relays - Handicap
2.6 Miles
[More details](#)

28th August (Sunday)
Foxtrots 5
5 Miles
[More details](#)

[September Events](#)