



# Harriers Newsletter

Summer 2013



Wow! So much going on at the moment, we are certainly an active club!

Over the last few weeks we have had the Chippenham Harriers 5 Mile, the Chippenham Harriers Youth Tournament, the Cotswold Relays (and the post-race partying!), River Run and the upcoming 30th Anniversary Party in addition to the normal Club nights and Championship events and races.

I think it is fantastic that we are such a busy Club with lots of going on; it really creates a great and friendly atmosphere, we are much more than just a running club we are a big family that trains hard and plays hard! I am really proud when I hear comments from newer members saying 'joining the Harriers was one of the best things I've done, I wish I had done it years ago'.

Of course these events and activities don't just happen a lot of hard work is involved in organising them. What has struck me recently is how prepared members are to step forward and do their bit to support the Club, the Committee cannot do everything and we do really need the support of all our members. I am pleased to say that all we have to do is ask and people will step forward to help. However, I think Kirsty-Ann Murphy deserves a special mention being at the heart of organising all these events. Thanks Kirsty!

The next couple of months will be really busy now preparing for the Chippenham Half Marathon on Sunday 15th September. Organising an event of this scale really does need us to call on the support of all our members so please do make sure you are available to help that weekend. If you are new to the Club and nervous about marshalling then don't worry you will be put in a team with a lead marshal who will be experienced and will guide you through it.

The Club's success is built on 30 years of hard work by previous Committees and members that have worked hard to make the Chippenham Harriers the Club it is today. As Chairman of the Club in its 30th year I would like to thank all those that have over the years worked to make the Club what it is today, I think we can look back with pride at what we have created in the Chippenham Harriers. I hope that everyone who is going enjoys the 30th Anniversary Party, it promises to be a good night! In its 30th year the Club is in great shape, like its members!

*Mike Bright – Chairman*

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## Keep on Running!

It all began in the 1970s as Prog. Rock was fading and the refreshing, discordant tones of Punk started to invade the air waves. I was struggling to keep up with the action refereeing school football matches and decided I needed to get fit. At the time we had recently moved to a house bordered by green fields and country lanes. These lanes and fields were to provide my training ground for those early runs. I was not aware of training programmes, schedules or any of the myriad guidance that's available to today's beginner. I fixed in my mind that to get fit I had to run and the more I ran the fitter I would get. Simple.....so clad in my football shorts, an old T shirt and plastic 'sports shoes' I started to run. Those of more senior years in the Club may have a better memory than mine, but I don't remember running shoes other than black plimsolls and spikes. My second pair were Dunlop trainers which cut into my heels and were soon abandoned. Then Reebok and Nike burst on to the scene with running shoes. I felt I was running on air in my Reeboks and exhilarated to be part of Nike's 'Just Do It' generation.

I completed my first half marathon in 1983, but sadly have no recollection of my finishing time. In fact, for the next few years I entered a variety of races, but kept no records. I was 'Just Doing It'. It wasn't until my daughter made me a book and gave it to me as a present in 1992 that I started recording finishing times. My daughter always has been a little more competitive than me, and has still not forgiven me for letting another runner pass me in the finishing funnel at the end of a cross country race. Well, I suppose she was right as she went on to become a silver medallist in the English Schools 3000m and a year later non travelling reserve for the GB Junior Ladies' team at the World Cross Country Championships in South Africa.

My first marathon was London in 1987 and fortunately I have a record of my time - 4 hours 15mins 34secs. I was placed 8078. In those days the finish was on Westminster Bridge and I have clear memories of walking about wrapped in a foil blanket behind County Hall, tucking into packets of free sandwiches. My son announced at the time that I would be the biggest embarrassment ever if I didn't finish.....no pressure there!

In the days before gels and sports drinks the wobbly leg syndrome was quite prevalent. It was not unusual to see runners flaked out at the side of the road looking pale and exhausted. The Building Industry Windsor Half Marathon often brought a good crop of DNFs. Things have changed so much for the better.....well in some respects. The demands of race insurance and health and safety put paid to a wonderful event that started at Seaton in Devon called the Midsummer Dream. This was a run of about 18 miles, largely off road, that took you to a pub beer festival, five more pubs and more beer near a water station. The drinks were lined up ready and waiting.....Oh, by the way, there was also the visit to the village hall serving scones, cream, jam and wonderful cups of tea. Then there was the triumphal run along the prom to the finish for an intriguing certificate, a final pint of Guinness in the Hook & Parrot and glorious fish and chips... I don't think I can remember anything else.

This event was organised by Axe Valley Runners who also organise the Grizzly. The 2004 Grizzly was a wet affair with driving rain and ferocious winds. My shoe nearly vanished into the mud in the bog section and I felt I was going to be blown off the cliff on the Stairway to Heaven. I made it through in 3 hours 17 mins to be hosed down by the firemen on the final run in.

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Following the theme of seaside events, one of my favourite marathons was the Beachy Head, previously known as the Seven Sisters. The beautiful countryside and the challenge of the Seven Sisters in the closing miles made for a memorable run. Also about mile 16, in a village whose name escapes me, there was a veritable feast of cakes, pies, sausage rolls and cups of tea. A cup of tea part way through a marathon is exquisite. Once across the finish line, a hot meal awaited in the local school. There was even chance to have a swim in the school pool for those able to get in and out. You might get the picture that I really enjoyed eating and long distance running!

Another picnic of an event was the Fairland Valley Challenge, Stevenage, that served wonderful bread and butter cake part way round and a large barbecue at the end.

I've not run abroad a great deal, but two small reminiscences are worth sharing. We were holidaying in Kos and late in the afternoon I went out for a run. I came out onto a main road and soon came upon a stretch with people lined either side. As I approached they started to clap and cheer. I looked round, smiled and waved my thanks. Then I noticed signs and tape and realised I'd inadvertently joined a race. It's the only time in my running career that I experienced what it's like to be in the lead! Being an officer and a gentleman I took the first opportunity to get off the course and return to the hotel. After all what would I have said in my trophy acceptance speech?

Another time we were in the U.S. staying near Boston. I noticed the Cape Cod Brewster Brew 10K advertised. I arrived at the start to see many athletic looking, technically equipped runners all eager to go. I felt a major sinking feeling that I'd just entered an event in which I was going to get blown out of the water or some other comparable metaphor. The gun went, we started and by half way I had much of the road to myself. In fact I finished so early [318<sup>th</sup>/1200] that I had no trouble whatsoever in getting seconds, thirds... ..from the free beer lorry. It just goes to show that appearances are not everything.

I could go on, but in conclusion I have to say that for all my years as a Tarmac Warrior my greatest delight is running through open woodland on a warm summer evening, air scented with honeysuckle and sunlight shafts piercing the overhead canopy..... Keep on running.

*Brian Nicholson*

## **Don't Forget Chippenham Half Marathon!**

Is back on Sunday 15<sup>th</sup> September and we need your help marshalling to ensure we return as being one of the top half marathons in the country!

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## Endurance Running Physical Preparation Workshop

**Saturday 7th September 2013 - 10am - 1pm**

**The Sports Dome, Sports and Social Club, Chippenham**

Endurance running workshop to get you equipped for the winter season. A coached workshop style session over 3 hours.

Covering: Specific strengthening exercises (lunges, squats, jumps etc), specific drills and dorsi-flexion, medicine ball work, recovery work using a roller, golf ball and bands.

A coached session with Mark Brace (SW Endurance Coach Mentor and UKA Performance Coach), UKA CiRF and SW Endurance Coach Michelle Maxwell, and soon to be CiRF qualified club coach Mike Bright

Youth runners over 12 years old welcome too.

**Please note:** This is a workshop so please come equipped with the correct clothing, trainers, water, food etc. Rollers, tennis balls, medicine balls, golf balls, thera-bands, steps, hurdles etc will all be provided, but please do bring any equipment you have and use at home.

Free for Chippenham Harriers. £10 for non-members.

***Michelle Maxwell***



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## **Preparing for Endurance Racing and Club Coaching**

So we're back to that time of year again when we're all considering what we're doing in the autumn and spring or have a plan already in shape. If you have an autumn marathon or half-marathon please do use the coaches in the club for advice. That's what we're here for and with our recent qualifications and plenty of experiences we like to think we know what we're talking about (well most of the time)!! Coaching ideas change continuously so it's good that we have recently qualified coaches in the club, as we have the most current ideas. The courses we get invited to go on are very helpful in our progression as coaches which can only help our athletes in the long term.

So to the subject matter. How do you prepare yourself for these longer distance events?

In the first stages of long endurance training building strength through hills and physical strength training is key to being able to run strongly in the later stages. Ensuring you have maximum strength in your legs and core can prevent injury and is the perfect base for the speedier running required later on.

By physical strength training we mean long and short hills reps, circuits of forward and backward lunges, double leg squats and single leg squats, press ups, planks, proper crunches engaging your inner core muscles (pilates style) and plyometric jumping using steps or whatever you have. Medicine balls or kettle drums are great for adding weight, you do not need a gym for this type of work. Hurrah!

Technical drills are also key, obstacle running, high knees, back kicks using the correct foot position in dorsi-flexion.

**Find out how to incorporate these into your training by coming to the workshop on the 7<sup>th</sup> September.**

Think about your training plan. Are you having an easy week every 3-4 weeks? This is called **periodisation**. (We hope to run an evening session on this subject in the autumn)

Are you having a hard week before this, or all your weeks and runs too hard? Are you running your long runs at the right pace, too fast (most in the club!)/ or too slow.? Try to include some pacey miles within these runs but not for the whole run.

Above all, please remember we have qualified as coaches to coach members of the club, so just ask. Mike and I can coach over 12s, Gemma and Valerie can coach under 12s. Use us!!

*Michelle Maxwell*

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## Chippenham Harriers - Club Kit

### Club Vests

These are available in the following sizes:

S - Small (Male & Female)

M - Medium (Male & Female)

L - Large (Male & Female)

XL - Extra Large (Male & Female)

XXL - Extra Extra Large (Male only)



Club Vests cost £16

For Club Vests **only** please send an email to: '[clubkit@chippenhamharriers.co.uk](mailto:clubkit@chippenhamharriers.co.uk)' or see a committee member at club night.

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### Club Hoodies

These are now available from Let's Face It, New Road, Chippenham in the following sizes:

X Small 34/36 chest

Small 36/38 chest

Medium 38/40 chest

Large 40/42 chest

X Large 42/44 chest

XX Large 44/46 chest

Hoodies cost £20 inclusive of VAT and embroidery with Club logo. If you want they will Print Chippenham Harriers on the back for an additional £3. To order one either pop into the store, call them on 01249 656635 or email them at [lets-faceit@live.com](mailto:lets-faceit@live.com) (there is no minimal order they sell direct to members):

You will need to ask for the following, with your desired size:

Chippenham Harriers Jerzee hoody J575M, Royal Blue with embroidered Chippenham Harriers logo on left chest.

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### Club Jackets

These are now available from Let's Face It, New Road, Chippenham in the following sizes:

X Small 34/36 chest

Small 36/38 chest

Medium 40 chest

Large 42 chest

X Large 44 chest

XX Large 46/48 chest

Jackets are £30 inclusive of VAT, embroidery with Club logo and with Chippenham Harriers printed on the back. To order one either pop into the store, call them on 01249 656635 or email them at [lets-faceit@live.com](mailto:lets-faceit@live.com) (there is no minimal order they sell direct to members):

You will need to ask for the following, with your desired size:

KK950 Sporting Jacket, Chippenham Harriers embroidered logo on left chest + printed Chippenham Harriers on back.

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## My Marathon Experience!

So I didn't get a place through the London Marathon ballot... then I thought, should I apply for a club place? Is it too much of a challenge? Or do I just go for it?! After doing some thinking, I decided to go for it, so I wrote a letter to the committee applying for one of the three places available. At the Harriers Christmas Party, I was given a place, at which point I realised: now the hard work starts! So I drew up a training plan for the next 16 weeks, and training began!

There were highs and lows throughout those four months. I managed some great long runs, but endured a few weeks of serious shin splints too. It was challenging, especially dragging yourself out to do those 20-mile runs. My flat mates at university thought I was mad!

Soon enough (too soon, if I'm honest), April arrived and tapering began. Three weeks of toning everything down, worrying about every little twinge, and constantly wondering how on earth you're going to run 26.2 miles! But I must say, watching the Paris marathon during a trip to France was pretty inspirational (albeit a little nerve-wracking) – those Kenyans are fast! As the 21<sup>st</sup> April drew closer, I felt more and more nervous, just like everyone else. But also excited, as four months of training had led up to this day!

So marathon morning arrived, and I was up by 7, on the tube by 8. I needn't have worried about getting lost, as there were hundreds of red kit bags all heading to the same place! I reached the start area around 9, in time to see all the elites start their race on the big screen, then managed to meet up with some fellow Harriers. Around 9:30, we got rid of our bags and head to the start... 9:59... GO!

I managed to pace 10-minute miles for the first half of the race, then kept plodding on until mile 18, when I think it's fair to say I hit "the wall"! Those last 8 miles required more will power than ever before. That's when I understood what it really meant to "dig deep"! But the crowds were amazing, and they really do get you round when you're struggling. I also found it useful to keep thinking of the medal, and to run through those amazing cold showers whenever they decided to pop up! Not to mention all the signs you see as you go round, like 'Finishing is the only f\*\*\*ing option' and 'You're not slow, you're just enjoying the course!'

The last two miles felt like a marathon in themselves, to the extent that I was checking my Garmin every tenth of a mile! But the feeling I got when I reached Buckingham Palace made it all worthwhile. Just the Mall to go, OMG! Crossing the line was one of the best feelings I've ever had, and something that will stay with me for a long time.

During training, there were times when I doubted whether I could really do it. When I first joined the Chippenham Harriers Youth in secondary school, I never dreamed for a second that I might run a marathon in the near future, it still seems kind of crazy! But all the hard work definitely paid off in the end. I genuinely think that being physically prepared is only half the challenge – the other half is mind over matter. Having the right mind set is so important!

Tips for future marathon runners? Make sure you put your name on your vest, as the support you get along the way is amazing! Having someone personally encourage you can really give you boost in those last few miles. And remember: pain is temporary, pride is forever. Happy running! ☺

*Kelly Wariner*

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## Lacock Summer Relays 2013

**Tuesday 23<sup>rd</sup> July and Tuesday 27<sup>th</sup> August**

Come and test yourself at the popular Chippenham Harriers Lacock Relays!

**Venue:** Red Lion @ Lacock

**Registration:** 6.45 – 7.15pm

**Start:** 7.30 prompt

**Length:** 2.6 miles

**Cost:** £1 entry fee

Prizes for first two teams  
dependent upon 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:

- fast runner
- slow runner
- 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 2.6 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.

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

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## **My Road to Recovery**

I joined Chippenham Harriers last September. I had recently moved to Chippenham from London where I was working as a dietitian for the NHS.

I was diagnosed with anxiety and depression at the beginning of January 2010. My GP started me on anti-depressants and signed me off work for 8 weeks. I also started my long road of therapy. It was an incredibly difficult and dark period of my life. I'd cry for hours but not know why I was crying and have regular panic attacks. I didn't think I had the strength to go on. One of the biggest difficulties with mental illness is the amplification of fear. The world seems a frightening place. Just leaving the house filled me with fear, anxiety and dread. Simple things such as going to the supermarket, a walk, seeing a good friend seemed like an unachievable task.

Over the next year I struggled on, working as much as I could as I felt a terrible sense of guilt if I took any time off. I felt constantly exhausted and withdrew from social contact. My depression was not getting any better, if anything worse. I knew I had to do something, so I resigned from my job and moved to Wiltshire to be with my now fiancé and family.

I started with a new therapist and spent the next year recovering. Part of this recovery was joining Chippenham Harriers running club. I knew running would help as previously really enjoyed it but the energy involved in running and the mental effort of meeting new people seemed such a big hurdle to overcome. It took me a while to pluck up the courage to join but when I did my fears quickly vanished after meeting some of the members and the friendly welcome they gave me. We had a lovely run out into the countryside. I felt alive and happy.

Over the next few months I went more and more to the club, getting to know everyone. I started racing and around Christmas time, with the encouragement of one of my new Harrier friends Sarah, I decided to sign up to do a Marathon, a lifelong dream of mine. I felt anxious about the training as still had many days when the depression overtook me and I couldn't manage to run.

However the training went well and my recovery accelerated, having a goal of the marathon gave me the focus and determination to help beat those dark days and mostly I managed to get out and run.

In April I completed the Great Welsh marathon with a time that qualified me for a good for age place for London 2014, with my fiancé and dog at the side supporting me. The feeling I felt when I passed the finish line of the marathon was overwhelming, after everything I had been through I felt very proud.

The club has given me more than support with my running; it has been part of my recovery and helped me get to where I am today. My depression isn't completely gone but it is now only a tiny part of me.

For the first time in my life I feel love and respect for myself which I never want to lose. I have started living instead of just existing and it is a truly invigorating feeling!

***Tess Mewton***

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## **First time Marathon Runner**

Like many people I could not imagine how anyone could run 26.2 miles. It seemed absurd, crazy and unnatural. However, my desire to be a 'marathon runner' was overpowering and it was something that 'I just had to do'

My training plan (thanks Michelle) became my bible and I pretty much stuck to this as much as possible. In my opinion having this structure and focus was fundamental. Long weekend runs became the norm and, as so many others were competing in spring marathons, I was always in great company. My Garmin showed 645 training miles from the start of the year to marathon day. Training conditions varied, it was either cold, very cold, extremely cold or b\*\*\*\*dy freezing. Memorable moments include trying to run (or rather just stay upright) down the cycle track in heavy snow; frozen hair at a Tuesday effort session, driving rain in Biddestone, arctic conditions at the Reading half marathon; approaching Bath on the canal run knowing the end was near; and hills, hills and more hills on a famous 'Paul Byrne' route. A major milestone was hitting the 20 mile mark for the first time.....then realising we were still a mile and half from the car.

I found March a particularly hard training month. Tired legs were the norm and the weekly mileage continued to climb. However there were now less training weeks to go on my plan than had passed and by the beginning of April I would start to taper down. Time was now measured as either pre-marathon or post marathon. Work colleagues no longer asked me what I would be doing at the weekend or in the evenings....my answer was always the same – "I'll be running"!

I couldn't believe I had remained injury free throughout and was so convinced and utterly paranoid that something would happen at the eleventh hour but I was told this is totally normal.

My anxiety, excitement and apprehension grew the week before the race. As I watched the tragic events unfold at Boston and witness the scenes showing the bravery of all involved I felt part of a global running community where determination and positivity was truly overwhelming.

I went with my Mum to the Expo on the Wednesday to collect my number and on arrival we met some familiar Harrier faces. My mother ran the London Marathon 19 years ago and I have no doubt she would have got on the stage to share her experiences if she had been given the opportunity!.  
.....Lifted and motivated by the whole atmosphere she decided that a 20 year rest is adequate and is signing up for London 2014 (at 73 years young).

It was now carb loading time...my lovely Italian colleague Maria made me the most delicious fresh tomato and basil sauce to accompany my pasta...superb!  
However by Saturday I had eaten so many carbs and I felt sluggish, bloated and tired.....again all normal, so I was told.

I was also told that it was unlikely I would sleep well the night before. Well, I think I managed about 45 minutes and not all in one go. However once I arrived at the start and met up with Sue, Kelly and Steve I soon forgot my sleep deprived state.

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Ok, so the race starts. I am in Pen 9 so it takes a while to cross the start line. I am overcome with the whole atmosphere and, as I hear the first spectator to shout my name, I know I am in for the experience of my life. I pass each mile marker and check my pace and I am pleased to be consistent and not too fast or too slow. I cannot believe the crowds and the support. As I hear my name shouted over and over again it feels such a surreal experience. I pass Dale who has ran every London Marathon since it began and I later see him being interviewed on the BBC highlights.

Looking back now it is all a bit of a blur but at the same time truly memorable. At mile 20 I understand what 'mind over matter' really means. My body is screaming out to stop this madness but my head is urging me to continue taking each step as a step closer to my goal. A highlight for me was passing through the Lucozade tunnel of Yes. Whilst the crowd support was amazing the tunnel provided respite from the intensity surrounding me. Mr Brightside rang out (my favourite song). I even managed to sing along a little as I read all the inspiring and motivational messages that lined the sides.

As I run the final yards the road widens and, for the first time I actually have some room around me and don't feel as penned in as I have felt for 26 miles. I cross the line and the feeling is a roller coaster of emotion. I am physically exhausted, have blisters on blisters, and feel 'hurt' as I have never felt before. I also feel incredibly happy, proud and just can't stop smiling.

Would I recommend this to anyone? .....Definitely yes!

Would I do it again? .....Hell, yeah!

Huge thanks to The Chippenham Harriers for giving me such a wonderful opportunity and for all the support and advice I have received from everyone.

*Sarah Morris*



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## **TORREMOLINOS HALF MARATHON**

### **Torremolinos, near Malaga, Spain**

### **Sunday 2<sup>nd</sup> February 2014**

As you may be aware Chippenham Harriers have been on tour for the last few years to Benidorm and most recently to Torremolinos with Running Crazy. Our next planned 'Crazy' is for a return trip to the Torremolinos Half Marathon on 2<sup>nd</sup> February 2014.

This year a few of us were led astray on the eve of the half marathon and had rather a late night!! As a result the general consensus for 2014 is to fly out to Malaga on Saturday 1<sup>st</sup> February returning on Tuesday 4<sup>th</sup> February. This gives us Saturday afternoon to get our bearings, Sunday afternoon to relax, Sunday evening to party and then Monday at our leisure.

Fifteen of us have already booked the following EasyJet flights from Bristol Airport:

Outbound Saturday 1<sup>st</sup> February – EZY6051

- Depart 06:00
- Arrive 09:40

Return Tuesday 4<sup>th</sup> February – EZY6052

- Depart 10:45
- Arrive 12:35

(Remember if you collect Nectar points you can use these as payment towards your flight!)



I have the booking forms from Running Crazy and I am happy to co-ordinate this side of it but you will be responsible for booking your own flights. Once your flights are booked, a Running Crazy booking form needs to be completed and a £50.00 deposit paid to them, the balance is then paid 4 weeks before departure. To spread the cost I have arranged with Running Crazy for deposits to be paid in August/September, but would advise you to book flights as soon as possible as sadly they only go up in price!! If you do book flights after September then that is not a problem, the costs are just less spread out.

For more information please see me at club, go to our Chippenham Harriers Facebook page or PM me. If you want to know more about Running Crazy trips please see myself or there are quite a few of us who have gone on previous trips to ask; Kate, Steve Palmer, Mike, Steve Wood, Baggy, Tim, Katherine. Alternatively visit their website [www.runningcrazy.co.uk](http://www.runningcrazy.co.uk). The trips are always a great weekend away and I would thoroughly recommend it!

The format with Running Crazy is easy, you book your flights to Malaga and they do the rest! Running Crazy will arrange the following:

- Guided transfer by Running Crazy to and from Malaga airport
- Hotel – Half Board in 4\* Hotel, ideally situated (1 minute) to race Start/Finish area
- Guaranteed Race entry including entry fee
- Race number delivery and Course explained
- Full Results Service by E-Mail
- Race Photo/Video Viewing at Pre-Party drinks
- Race Support
- Spectator Support
- After Race Party

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This race is in the popular holiday resort of Torremolinos, approximately 10 miles west of Malaga, Spain. The race is organised by the local Council, and with half board hotel accommodation right alongside the Start/Finish area, a great after race gathering and party, it's a weekend not to be missed!

However if you want to extend or shorten your break Running Crazy offer the following and they will organise your transfer to and from Malaga Airport. The itinerary Running Crazy offer is as follows:

Thursday 30 January

Arrival of those requiring extended stay

Friday 31 January

Arrival of those requiring extended stay

Saturday 01 February

Arrival of remainder before 1600 and check-in to hotel

Early Evening – Welcome meeting, Race number collection, Course Explained

Sunday 02 February

Early Breakfast available

Race

Afternoon – At Leisure

Evening – After Race gathering followed by Party

Monday 03 February

Departure for travellers

Tuesday 04 February

Departure for the remainder of travellers

Please find as follows pricing, this excludes flights but includes everything else as above. Pricing is per person based on a twin room basis (Single rooms add £20/€25 per night)

	Runners			Supporters	
	£	Euros		£	Euros
1 Night	£99	€115		£89	€105
2 Nights	£149	€180		£139	€170
3 Nights	£199	€240		£189	€230
4 Nights	£239	€285		£229	€275
5 Nights	£269	€320		£259	€310
6 Nights	£299	€360		£289	€350

So who else is going to join us!?

**Liz Laird**

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## A return to running!

I only joined Chippenham Harriers in February 2012.



I wasn't a complete novice to running but this was the first time that I had actually plucked up the courage to join an "athletics" club! In my teens and early 20's I was a pretty good runner with a half marathon PB of 1 hour 23 mins at Portsmouth in 1992. I always wanted to do a triathlon at the time having seen an Ironman race on TV and the first Bath triathlon in the days when it was a "new" sport. However, my lifestyle was not the greatest and like many 20 year olds I believed that I could easily get fit again when I wanted to. So I spent the next 18 years having occasional spurts of activity interspersed with months of doing very little except drink, eat and smoke – not quite Jeremy Kyle material though!!! I joined gyms during this time and probably spent hundreds of pounds on wasted memberships. I also continued to enter an annual or bi-annual running event just to prove I could do it.

In my mid 30's during one spell of activity I got plantar faciitis (PF). This is a very painful affliction to the feet and made me feel very old. It was so bad I thought I'd never be able to run again! I spent months getting up in the morning and struggling to get going. I was eventually sent to see a foot specialist who tried injections, insoles and given various stretching exercises but I was still in pain. Eventually in the summer of 2007 I was admitted for surgery for the PF and what the surgeon believed was nerve compression. He told me that I should be able to run again but was not convincing.

The following year I was told by a friend that there was to be a Chippenham Half Marathon. I began half heartedly running again and managed to complete the race in 2 hours 15 mins. However, I was still having heel pain and by this time was tipping the scales at over 16 stone! Although I entered the half marathon in 2009 I was still barely running and decided to give it a miss and in 2010 I didn't enter as I left it too late! In that year I did manage to run the Corsham 10k in a little over 50 mins – which nearly killed me!

Cue hitting my 40's and mid-life crisis! I decided to buy a bicycle and become the next winner of the Tour de France as my son Thomas who was 8 at the time was a very keen cyclist. We joined the Chippenham Wheelers and began doing Sunday rides together. I was a fat man in lycra! That September we rode out to watch the half marathon and I said to Thomas that I would run the half marathon the following year.

I resolved to finally quit my 20+ a day smoking habit by going cold turkey – and I've not smoked since September 2010. I also resolved to do a triathlon and in early 2011 entered my first full marathon. One issue was that I had never swum more than about 4 lengths of a pool in one go!

Training and diet began in February 2011. I was losing weight rapidly with the combined running and cycling and I eventually plucked up courage to try swimming in the 50 metre pool at Bath University. Feeling brave (or foolish) I entered the Bath Olympic Distance Triathlon – 1500m swim, 40k bike and 10k run!

My first experience in the marathon was painful. I had entered the first Richmond Park Marathon but failed to respect the distance or the terrain and gave up at 21 miles. My resolve was not finished though and I entered the ballot for the 2012 Virgin London Marathon.

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The triathlon experience was much better and I was delighted go from novice swimmer in February to a 32 minute 1500m swim leg and finishing time of 2h 51m. Cue another mad moment and entry into Ironman UK 70.3 2012!

So all I had to do now was complete the Chippenham Half Marathon which I clocked in a time of 1h 49m.... 25 minutes faster than in 2009 BUT 26 minutes slower than my PB from 19 years previously.

When my entry to the 2012 London Marathon was accepted I knew that I had to do something more to get to the kind of level I wanted to be at making my new years resolution easy. Send in the application for the Harriers and go on a Thursday club run.

I was really nervous when I attended my first run with the club. I was soon made to feel very welcome though and introduced as a new runner to the club by Kate Walters and was accompanied by her and Julian Danton on my first winter loop. I loved it, and have not looked back since.

I have since embraced the Harriers club for it's running and social scene and made so many new friends. My run times have improved to a level which I had not believed possible thanks to the training, competitive racing and Michelle Maxwell's Tuesday night beastings. I am again running near to 1h 30m half marathon times and really hope to get below 1h 30 again soon. I have also joined the committee, completed 3 marathons', a half Ironman and in September I hope to finally realise my ambition to finish a full Ironman when I compete in Ironman Wales.

So, for all you newbies, don't worry about how slow you are or how hard it feels. Enjoy your running and embrace the club and your new running family. You may surprise yourself at how much you can improve, lose weight, make new friends and have a fantastic social time. But above all, have fun!

***James Hutcheson***

### **If you are training for an Autumn Marathon then the following may be of extra interest to you:**

Sunday 28th July - Bath Running Festival Half Marathon but it's actually 15 miles and off-road: <http://www.relishrunningraces.com/bath-running-festival.php>

Sunday 11th August - Salisbury -5-4-3-2-1 (50k, 40k, 30k, 20k or 10k):  
<https://sites.google.com/site/salisburyfirestation/>

We are also planning a Canal Run on Sunday 8<sup>th</sup> September

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## What is a sportive?

Over the early spring months (did we have a spring?), a few club members have shown an interest in taking part in some cycling events and I know many of you members have bikes.

A few current members have already done or at least know about sportives but for the benefit of those of you that don't (and think it's a model of car), here's a quick run down to tempt you to 'don' the lycra and get out in the summer sun.....hopefully. Maybe we could all get together at one event. How about it?

Obviously by now you'll probably understand that a sportive is a cycling event, but don't be put off by that. One thing you can be sure of and often hear said during riders briefing "It's not a race". This is then followed by a smattering of derisive laughter because, as with any sporting event, some people always treat them as a race and everyone knows that

On a more serious note though, they're not races, because using the word "race" for cycling on the road triggers all sorts of legal, health and safety, and insurance issues, which would involve getting the police and local authorities involved and making organising such events prohibitively difficult. If you're interested in racing on your bike, then sportives are not for you.

Now that we've established that a sportive is not a race, what is it? Well I tend to explain them to the un-initiated as long distance cycling events. Sportives are to cyclists what marathons are for runners - long distance challenges. Most people who run marathons are not racing, they're just trying to complete the distance.

Maybe, one step up from that, they're trying to beat last year's time, or their personal best for the distance, but it's still not a race. A sportive is just like a marathon then, except we're on two wheels not two legs! So a sportive is a non-competitive long distance cycling event.

What kind of distances are we talking about though? Well your average full-length course comes in at around the 100 mile mark. There or thereabouts anyway. However most events have a shorter option too – let's say 62miles or even 25miles - for those who don't yet feel ready for the full distance or who, for whatever reason, don't feel like going the distance on the day. There are sportives to suit everyone.

There are lots taking place locally and loads nationally, over all sorts of terrains. After a couple of years when there seemed to be a competition on amongst organisers to have the "hardest" event – which usually translated into "hilliest" - the market seems to have settled down a bit, and there's now a wide variety of events to choose from.

Effectively they're a great way to see our beautiful countryside, enjoy the unfamiliar scenery and the challenge, without having to look at a map at every junction! You also get to ride in the company of like minded people – from a few hundred of them to a couple of thousand at the very big events.

Other people who don't think you're mad for spending several hours riding a bike for fun, rather than just to get somewhere.

So what do you get for your entry fee? What makes this better than just going riding somewhere on your own?

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Well generally speaking, you get free parking at an HQ with facilities, a well sign-posted route, with marshals and mechanical support, well-stocked feed stations along the route, nice scenery, quiet country roads, and some interesting hills to test yourself against. Most events are now chip timed with some having timed 'King of Hill' challenges. Some events have motorcycle outriders, and these days as well as a route card, many also have the route available to download in advance for the gadget of your choice – everyone knows how much cyclists like gadgets!

There are usually photographers on the route too, typically lurking on the worst hills, to capture your smiling (!) face as you slog your way up, and give you the opportunity to purchase a souvenir of the day afterwards.

And when you finally cross the finish line you'll probably get some form of goody bag, the contents of which vary massively depending on the event, the entry cost, and any sponsors involved. But in my experience have been pretty good. But no-one cycles 100 miles to get a free water bottle or t-shirt, so I think it's fair to say that the goody bag is more of an added bonus rather than an incentive. They cost around £20-£40 which I think is excellent value, for 3hrs+ riding, food on route, meal and goody bag at finish.

The sportive season runs roughly from March to October – when there are still enough hours of light in the day to complete the distance along with the hope of at least semi-reasonable weather.

What equipment do I need? Ideally you'd have a road bike to allow you to cover the ground quicker and keep up with the pack. A flat bar Hybrid would be fine as well. Having said that it takes all sorts, and I've personally witnessed people riding mountain bikes, town commuters and even a Brompton!!

You don't need to be an expert bike mechanic, as mentioned before minor mechanical support is often provided or even a lift back to HQ if it's terminal!! However, you should be able to fix a puncture and carry your own spares, water, gels etc..

So when do I start? Your first sportive will probably just be about challenging yourself to do the kind of distance you've never done before, which is goal enough in itself. After that, once you've got the bug, (which you will!), you can work up to riding the longer sportives, or hillier ones, or multi-day events – whatever kind of challenge suits you. The first time you cycle 100 miles in a day comes with a serious sense of achievement – that's a lot of hours in the saddle!

Whatever kind of event you choose to do, however many or few you want to do in a year <http://www.cyclosport.org> has a comprehensive and invaluable on-line sportive calendar which allows you to research which events you might like to do, with all their relevant vital stats and details, as well as reviews from their riders who've actually ridden them, and ratings from other riders who took part.

Some local Sportives coming up over the summer/autumn are:

Tour of Cotswold – 21st July – <http://www.velosportives.co.uk>

Mendip Wiggle – 18th August – <http://www.ukcyclingevents.co.uk/events/wiggle-mendips-sportive/>

Saddleback Sodbury Sportive – 18th August – <http://www.sodburysportive.co.uk/>

Wiltshire Leaves Falling Sportive – 22nd September – <http://www.velosportives.co.uk>

Santini Cotswold Autumn Classic – 6th October – <http://www.cotswoldautumnclassic.co.uk>

**Rob Field**

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## Club Championship Races 2013 - You've got to be in it to win it!

Rough 'N' Tumble	10m Multi-terrain	Sun 13th Jan
Dursley Dozen	12m Multi-terrain	Sun 10th Feb
Bramley 10 Miles	10 Mile Road	Sun 17th Feb
Bramley 20 Miles	20 Mile Road	Sun 17th Feb
Devizes 10K	10k Road	Sun 3rd Mar
Calne Clock Challenge	10k Road	Sun 31st Mar
Chedworth Roman Trail	10m Multi-terrain	Sun 7th Apr
Corsham 10k	10k Road	Sun 28th Apr
Roundway Chase	10k Multi-terrain	Tue 14th May
Mile Event	1m Road	Thurs 6th June
Heddington 5K	5K Road	Tues 11th Jun
Springfield 5k	5k Road	Wed 10th July
TBAS 10k Castle Combe	10k Road	Sun 28th July
Foxtrot 5	5m Road	Sun 25th Aug
Hogweed Muggles Mimsey	11m Multi-terrain	To be confirmed, event may be changed
Salisbury Half Marathon	13.1m Road	Sun 20th Oct
Over the Hills	12k Multi-terrain	Sun 3rd Nov
Avebury 8	8m Trail	Sun 17 <sup>th</sup> Nov (TBC)
Pudding Run - Bromham 10k	10k Road	Sun 1st Dec
Best Lacock Relay (NOT HANDICAP): Tuesday 28th May Tuesday 25th June Tuesday 23rd July		
Best Half Marathon		
Best Marathon		

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## **Local Races for 2013**

Saturday, 6 July 2013

Avon Valley Relay 18 - Melksham, Wiltshire

Saturday, 13 July 2013

Wiltshire Questars Adventure Race - Pewsey, Wiltshire

Sunday, 14 July 2013

Legion Lollop - Warminster, Wiltshire

Sunday, 14 July 2013

Roman 10km - Bath, Avon

Saturday, 20 July 2013

The Great Bustard 5 Mile - Pewsey, Wiltshire

Saturday, 20 July 2013

Tockenham Summer Fair 5km (Off Road Fun Run) - Wootton Bassett, Wiltshire

Sunday, 21 July 2013

Frome Half Marathon - Frome, Somerset (Includes Frome 10K, Frome 5K)

Sunday, 28 July 2013

Bath Off Road 10km, Bath off road Half Marathon, Bath Marathon – Bath & NE Somerset

Wednesday, 31 July 2013

Back in a Flash 5K (Race 3) - Swindon, Wiltshire

Saturday, 10 August 2013

Lacock Abbey 10km - Chippenham, Wiltshire

Sunday, 11 August 2013

The Castle Combe Summer 10K - Wiltshire 10k Champs 2012 - Chippenham, Wiltshire

Sunday, 25 August 2013

Foxtrot 5M - Broughton Gifford, Wiltshire

Sunday, 25 August 2013

Vale of Pewsey Half Marathon - Pewsey, Wiltshire

Saturday, 31 August 2013

Malmesbury 10k - Malmesbury, Wiltshire

Sunday, 8 September 2013

The Melksham 10K - Melksham, Wiltshire

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Sunday, 22 September 2013  
Malmesbury Half Marathon - Malmesbury, Wiltshire

Sunday, 22 September 2013  
The Bath 10 Km - Bath, Avon

Sunday, 6 October 2013  
Cricklade 10K and Cricklade Half-Marathon - Swindon, Wiltshire

Sunday, 13 October 2013  
BHF Swindon Half Marathon - Swindon, Wiltshire

Sunday, 13 October 2013  
Marshfield Mudlark 11K - Chippenham, Wiltshire

Sunday, 13 October 2013  
Westbury Lions 10K - Westbury, Wiltshire

Sunday, 20 October 2013  
The Wadworth Devizes Half Marathon - Devizes, Wiltshire

Saturday, 2 November 2013  
Monster Race 5K and 10K - Malmesbury, Wiltshire

Sunday, 3 November 2013  
Over The Hills - Bradford On Avon, Wiltshire

Sunday, 10 November 2013  
The Easy Runner Sodbury Slog 8.5 - Bristol, South Gloucestershire

Sunday, 24 November 2013  
The Castle Combe Chilly 10K - Chippenham, Wiltshire

Sunday, 24 November 2013  
Trionium Bath Hilly Half - Bath, Bath and NE Somerset

### **Our Facebook Page can be found here!**

Facebook Group just use this link: <https://www.facebook.com/groups/ChippenhamHarriers/>

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Two of the latest 30-day fitness trends you may want to try, they will however help with your running!

## 30 Day Squat Challenge

Day 1	50 squats
Day 2	55 squats
Day 3	60 squats
Day 4	Rest
Day 5	70 squats
Day 6	75 squats
Day 7	80 squats
Day 8	Rest
Day 9	100 squats
Day 10	105 squats
Day 11	110 squats
Day 12	Rest
Day 13	130 squats
Day 14	135 squats
Day 15	140 squats

Day 16	Rest
Day 17	150 squats
Day 18	155 squats
Day 19	160 squats
Day 20	Rest
Day 21	180 squats
Day 22	185 squats
Day 23	190 squats
Day 24	Rest
Day 25	220 squats
Day 26	225 squats
Day 27	230 squats
Day 28	Rest
Day 29	240 squats
Day 30	250 squats

<b>1</b> 15 sit-ups 5 crunches 5 leg raises 10s plank	<b>2</b> 20 sit-ups 8 crunches 8 leg raises 12s plank	<b>3</b> 25 sit-ups 10 crunches 10 leg raises 15s plank	<b>4</b> REST DAY	<b>5</b> 30 sit-ups 12 crunches 12 leg raises 20s plank	<b>6</b> 35 sit-ups 15 crunches 15 leg raises 25s plank	<b>7</b> 40 sit-ups 20 crunches 20 leg raises 30s plank
<b>8</b> REST DAY	<b>9</b> 45 sit-ups 30 crunches 30 leg raises 35s plank	<b>10</b> 50 sit-ups 50 crunches 30 leg raises 38s plank	<b>11</b> 55 sit-ups 65 crunches 33 leg raises 42s plank	<b>12</b> REST DAY	<b>13</b> 60 sit-ups 75 crunches 40 leg raises 50s plank	<b>14</b> 65 sit-ups 85 crunches 42 leg raises 55s plank
<b>15</b> 70 sit-ups 90 crunches 42 leg raises 60s plank	<b>16</b> REST DAY	<b>17</b> 75 sit-ups 100 crunches 45 leg raises 65s plank	<b>18</b> 80 sit-ups 110 crunches 48 leg raises 70s plank	<b>19</b> 85 sit-ups 120 crunches 50 leg raises 75s plank	<b>20</b> REST DAY	<b>21</b> 90 sit-ups 130 crunches 52 leg raises 80s plank
<b>22</b> 95 sit-ups 140 crunches 55 leg raises 85s plank	<b>23</b> 100 sit-ups 150 crunches 58 leg raises 90s plank	<b>24</b> REST DAY	<b>25</b> 105 sit-ups 160 crunches 60 leg raises 95s plank	<b>26</b> 110 sit-ups 170 crunches 60 leg raises 100s plank	<b>27</b> 115 sit-ups 180 crunches 62 leg raises 110s plank	<b>28</b> REST DAY
<b>29</b> 120 sit-ups 190 crunches 62 leg raises 115s plank	<b>30</b> 125 sit-ups 200 crunches 65 leg raises 120s plank					

## 30-day AB challenge



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