



**Town and
Country
Harriers**
(TACH)

ROUGH RUNNING NEWS

November 2024

Letter from the Chair

As I flick through the calendar, we hurtle towards 2025 which will bring the 30th anniversary of TACH. We'll put on some events to celebrate the formation of the Club (13 April 1995) and first run (9 November 1995); the Club was originally set up to take over a race hence the significant gap between two dates. Keep an eye out for that.

Across those thirty years it's fantastic that the Club vibe of a relatively informal but passionate love of trail running has remained true throughout and our numbers remain strong. If you're one of our newer members you're very welcome to our family and we hope you enjoy running with us for many years.

TACH has always relied on its members to volunteer to keep the Club moving forward. From having different Runleaders each week, through the race teams, race day marshals, to the Committee, it all runs on volunteers. Anything that you can do to help is greatly appreciated by all the other members. So maybe get your name in early to lead a run in 2025 and showcase a local pub or favourite route – and follow Terry's encouragement to sign up to marshal our flagship race, the Butcombe Trail Ultra (full details in the article in RRN).

It's often been hard this year to work out what season we've been in, but according to my calendar we are now heading towards Winter. It's important to keep on top of your mental fitness as much as your physical fitness during the shorter days. If you're not currently able to run, or don't feel like it one week, you're still very welcome to come and join us for a catch-up in the pub afterwards. I find TACH to be a very welcome escape thanks to all the friendly and welcoming faces and I hope you do as well.

Nick TACH Chair



Editors' Note

Welcome to Rough Running News for November 2024. Meet current Captain George, get top running tips from a many-times Time Lord, read about races home and abroad and find out which headtorch is best for dark winter nights.

We always welcome contributions, so if you'd like to share some thoughts with fellow TACH members, why not send us something for the next edition? Also, let us know any suggestions for how we can improve TACH communications – speak to us on a run, or email comms@tach.com



Sarah



Tricia



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Do you have a product recommendation to share with fellow TACHers?

Perhaps you have a favourite recipe for some delicious running food?

Or you have an interesting story to tell, or idea you want to explore with others?

Why not write about it for Rough Running News!

Next edition copy deadline is **28 February 2025**

Please send your articles, photos or anything else you want to see included to

comms@tach.club

Thank you 😊



Meet a TACHer

George Hancu

Tell us a little bit about yourself!

I am Romanian, I moved to the UK in 2015, lived in Cheshire for about one year, and moved to Bristol in 2016. I fell in love with the city and stayed here. I work in logistics – I am a Transport Manager and am in charge of a haulage depot.

What led you to take up trail running?

In 2016, after moving to Bristol, I entered a trail race in Romania. By that time, I was only running on roads. I thought that I'd have to start running on trails. This is how I came across TACH as well.

How did you first discover TACH and when did you join?

When training for my first trail race, I just googled "trail running Bristol" and TACH came up. I must have joined either late 2016 or early 2017. At that time the furthest that I'd run was 10 km, on road. I remember being amazed by people's race t-shirts, from 100 km or 100 miles races. I was not aware that you could run such a distance. In May 2018 I did my first Green Man loop solo, for my birthday.



What's your favourite thing about TACH?

The people, I've met some amazing people through TACH. Everyone is very supportive, inspirational and just amazing.

Do you have a favourite place to run/ running route you'd like to share with RRN readers?

One of my favourite places, and not far from Bristol, is Bannau Brycheiniog (or The Brecon Beacons). I love spending time in the hills or mountains.



If money and time were no obstacle, what would your dream run be, and why?

If money, time and fitness were no obstacle, I'd love to do the UTMB at some point. There's just something magical about doing a long circular route around a big mountain.



What's your favourite distance and type of terrain?

My favourite distance is around 50 kms, ideally on undulating mountain trails.

Do you have a favourite bit of running kit – and why?

I've recently discovered the "Kiprun Run 900 Ultra" running shorts. They have a built-in waistband that offers plenty of storage for your essentials (keys, phone, 500ml soft flask, gels etc.).

If you had one tip for anyone new to trail running, what would it be?

Just go out and enjoy the trails, they're much better than running on the road. And you can walk the uphill.

Do you currently have any running goals?

I have been struggling with an ankle injury in the last few months. My current goal is to regain my running fitness and be able to run the BTU 50 miles next year.

In order – from most to least favourite

Sunrises > hills (down) > marshalling > races > cider (I'd prefer beer though) > hills (up) > sunsets > gels > getting lost > mud > bluebells > cows > 5am alarm > nettles > black toenails (never had them) > tics

What's the most interesting book you've read in the past year, and why?

Not in the last year, but a few years ago - "The Rise of the Ultra Runners". It's an amazing account of the author's ultra-running adventures, delving into the mental and physical challenges he faces along the way. I found the book very inspiring.

What's your favourite pre-run food?

It has to be a big bowl of porridge, before a long run. I am making mine with oat (or almond) milk, honey and blueberries.



Rough Running Reflections

Reflections from a Time Lord (Nick Rickard)

The Green Man Ultra is a commercial race that roughly follows the 45mile Community Forest Path around Bristol; the CFP being devised by TACH's very own Chris Bloor. I've run it four times as a 'Timelord', a pacer to help runners with navigation and getting them round in a set time. It's good fun. Here are four tips based on what I've observed separates those in front of me from those behind me. They are based on Green Man but are universally applicable. It won't turn you into a podium champion, but hopefully sharing them here will help you make the most of enjoying your next event.

Tip 1: Practise powerwalking hills

The common phrase for trail running is "run the flats and downhills, walk the hills". I've observed people interpret the 'walking' as a slow trudge. At that point all the great work you've done at pace on the other bits goes out of the window and people lose a lot of time. If you can powerwalk up the hills then you'll gain a lot of time and positions over those around you. (And powerwalking past someone trying to still run up the hill is a bit evil but immensely satisfying.) It needs practice. At the end of whatever regular short run you do, eg 3k round the block before/after work, find a hill (this is Bristol, you won't have to look far) and force yourself to powerwalk up it. You might be tempted to run up the hill as you're reasonably fresh from a short run. But make yourself walk it and you'll discover new muscle pains you never knew existed. Keep doing this each time and you'll soon be much more efficient and swifter on the uphill.





Tip 2: Learn the route

Nothing beats getting out there to actually recce the route. But that's not always practical. There are a great variety of mapping and aerial photo sources out there. Time that you spend in an evening poring over the route will be time well spent. Make notes on where you need to pay attention (eg "tricky path junction at 18.5km, need the left fork") as on the day any deviations is not only wasted effort and time but also plays with your mind and confidence. Make a note of the checkpoints and distance and time (based on your estimated pace) between them. That will help you to plan how much food and water to take onboard, eg no need to fill a three litre bladder if it's only a short leg as you'll be carrying excess weight. Also make a note of the cut-off times and what pace that means for each leg; trying to do mental maths whilst wet and tired on the day rarely goes well.

If you do recce the route with friends then pay attention. I once recced the BTU with TACH and had a great day out but afterwards realised I'd been running and chatting in the group and hadn't actually paid the route any attention.

Tip 3: Start nutrition and hydration early

Most races will have you standing around at registration or race HQ before it gets underway. When you run from home straight out of the door it's easy to start whatever pattern you have, eg eat every 30mins. When you're waiting at the start don't forget to eat and drink so you start in a good condition. And also try not to allow yourself to get too hot or cold standing around in a stuffy village hall or a freezing field.

For all the prep people otherwise do, the hour or two before a race seems to be often neglected. It's up to you whether you chat to other runners and fill yourself with dread for the day ahead or hide in the corner with headphones knowing that you've got this under control.

Tip 4: Be efficient

I see people with a good average running pace losing time by being stationary for longer than they need to. This undoes all their good running and drops their average speed.

- It's well known that every single gate and stile in the UK has a unique design of lifting, pulling, opening, tilting. Try not to get caught in a large group as you'll be doing interval training – sprinting between gates and stiles, then standing around while someone figures out how to open them. That might be unavoidable at the start, but try to move quickly through them.
- Know where stuff is in your pack. If you're likely to need your gloves, have them in an accessible pocket and know which pocket that is (personally, I put my gloves in my right hand pocket as I'm right handed and my buff in the other pocket - whatever works for you to remember). If you're running into the dark then get your headtorch out at the last CP of daylight, don't wait until it gets dark to rummage in the bottom of your pack. Thinking through how you hope your day will unfold helps to plan what items you'll need when.
- Be efficient through checkpoints. As an example, on the Green Man Ultra, someone stopping for 15mins at each of the four checkpoints would need to run the entire



course 1 min/mile faster than someone who stopped for 3 mins at each checkpoint to get the same finish time. On your next local run think about how much faster 1 min/mile pace is, it's huge. If you need to sort something, eg a foot issue, then take the time to sort it properly. If you're going well then a quick stop to fill water bottles and grab some food (take a sandwich bag with you) that you can eat on the move means you are not undoing your excellent running and you'll maintain a much higher average speed.

Tip 5: Enjoy it

For me, the more planning I can do beforehand means I can be more efficient on the day and as a result spend more time enjoying the run and the scenery. Which is what it's all about.





Race and Event Reviews

Blaise Backyard Ultra (sort of) (Sarah Smith)

Races that involved running repetitive loops had never appealed to me. The same loop, time-after-time. What could be more boring? But, as I – and everyone else who turned up for Johnny’s Blaise Backyard Ultra on September 28 – discovered, I could not have been more wrong.

In a traditional backyard ultra, the last person standing is the winner. In Johnny’s version, there was a maximum of 12 loops of the 4.1+ mile route – for a total of 50 miles. Each loop started on the hour, every hour, from 7am in the morning until 6pm in the evening.



Eleven of us started at 7 am on a beautiful but chilly early morning. Three people finished the final lap just before 7pm. Across the day, a total of seventeen runners (plus two dogs) completed at least one lap. And Anthony, Bethan and Neil, came to support, do the countdown to the start of each lap and provide an amazing bbq and cream tea.

Number of laps completed	
12	Cat, Johnny, Richard
9	Joe
7	Pawel
6	George, Graham, Pat, Sarah, Sharon
5	Luke
3	Sam
2	Nick
1	David, Fran, Tom, Vicky

The route was gently undulating through Blaise and Kings Weston, taking advantage of the newly re-opened bridge. The lap record was an impressive 31 minutes (Sam) – most people finished laps in 40-50 minutes, giving themselves a bit of time to re-fuel and relax.



It was a very sociable event. Being able to do as many, or as few, of the twelve laps as you wanted made it feel very inclusive. Having a short rest in between laps provided an opportunity to chat and compare lap notes – as well to re-group before setting off together on the next lap. The time – and the miles – seemed to fly by (may be less so for those who did the full 12 laps).

Huge thanks to Johnny for making this happen. Everyone agreed that this should be a regular fixture on the TACH calendar. If it is, I would strongly recommend giving it a go.



The (final) Abel Tasman Coastal Classic (Tricia Allen)

Over twenty years ago, I walked the 60km Abel Tasman Coast Track in northern South Island, New Zealand over three days. I couldn't believe how beautiful it was – turquoise sea, golden sandy beaches, and lush green native bush draped over undulating hills, full of tuneful tuis, bellbirds, fantails and cheeky weka (some of New Zealand's most delightful native birds). It was a veritable pavlova for the senses. The constant sunshine helped too – Nelson, the nearest big town, is the sunniest place in New Zealand. So when I heard there was a running event which covered 33k of this track with over 850m elevation, I didn't hesitate to sign up. When the event then sold out in less than a month and the organisers later told us it would be the final event after over thirty years, I was super-chuffed to have a place.

Arriving in Kaiteriteri (race central) the evening before was exciting, with two of my antipodean cousins for company and support. It was a bit overcast but the forecast for the following day was looking good. By 6am on race day, the sky was starting to turn pink, and as I left the apartment for registration just before 7am, the sun was just rising over a millpond sea with endless blue skies all around. Goodness me, how lucky were we? It's going to be a good day.

Through registration and down to the beach, all 335 runners then piled onto several boats which took us up to Awaroa, about an hour's boat ride north. What a way to get to the start line. After a 45-minute delay due to one of the boats leaving 50 people behind and needing to return to collect them, and having made friends with a woman called Sharon who'd done the race before and loved it, someone finally said 'Are you ready for the final Abel Tasman Coastal Classic? 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, go!'. We all ran the length of a huge grassy field which was actually a runway for deluxe tourists to access the national park, then we ran all the way back up the other side of the 'runway', which helped to separate us into our respective speeds.

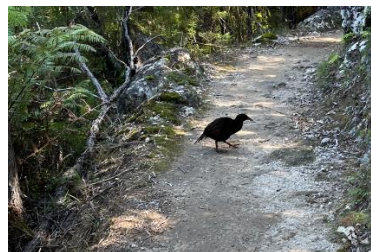


After what felt a bit like the first kilometre of a parkrun, we were off onto the narrow and slightly treacherous track heading back down south for the next 32kms.

Everyone (at least in the latter part of the pack, my natural home) was beaming with happiness, marvelling at how lucky we all were with the weather. Blue skies and sunshine accompanied us all day, but being under the trees for 95% of the time, it made for perfect running conditions. At one point the track broke out onto a beach and we ran along the sand for a few minutes, but otherwise we were either climbing up a hill or scampering down the other side – there wasn't a lot of flat until the end, but thankfully none of the ascents were all that long.



Just after 7kms, and having thought 'goodness, there's a lot of roots and stones everywhere, I'd better make sure I don't trip up', of course I did, and with blood trickling down my shin, I was momentarily worried that my dream day may be over. I patched myself up with my emergency first aid kit and ran gingerly to the next aid station where I gave my knees a good wash and put on fresh plasters. That was enough to restore my confidence, and I was off again, taking it easy wherever the terrain became a little tricky and technical. Shortly after, I met Sharon heading back in the other direction. 'I'm finished – I know how many more hills there are up ahead, and I haven't got it in me today' she said, sadly. We hugged and went our separate ways.



One of the most enjoyable things about the Abel Tasman Coastal Classic was that it was all very runnable. Apart from a few long uphill, which were a good chance to refuel, the vast majority of the route provided wonderfully enjoyable bush running. I think running through woods and forests is my favourite terrain, so this was pure heaven for me. About 20k in, I started to notice weka strutting across the path, bold as anything. We clearly weren't intimidating them, but it made me realise I was on my own and I was slowing to occasional



walks without the challenge of other runners nearby. So I decided to hunt down the runners in front of me and try and pick them off, one by one. My strategy provided me with a good challenge to keep running as I was starting to tire, and I think I probably picked off at least 20 runners before crossing the finishing line.

Passing one of the many golden beaches, a bunch of onlookers cheered us onto the final checkpoint, including Sharon – ‘go Trish, looking strong’ spurred me on. One of the bridges was down at a river crossing, so it was time for a cool, refreshing, clear water foot and shin wash whilst trying hard not to slip on the mossy stones. The Keynsham Dandy it was not! Into the final 5kms and I finally started making use of my running pole to get me up the hills, then scampered as quickly as I could along the flats and downhills, passing more and more tired runners right through to Marahau, the finish. A huge crowd had gathered to cheer us in, including my two lovely cousins. What a joy to have friendly faces to greet me. As I sat in the shade enjoying the delicious free lunch provided, one runner came over to me and said: ‘well done - you overtook me so quickly and quietly, you were like a pixie!’. Not something I’ve been called since my days in the Brownies!

At the prizegiving dinner that night, there were more plasters on knees than I could count, along with tales of runners crossing the finishing line with blood on their legs, hands and even faces – I was not alone in taking a tumble, clearly. But everyone was in great form, and the prizegiving went on until well past our bedtimes.

I was very pleased to finish 255th out of a field of 335 – always nice not to come last – and 18th out of 29 in my age category. My Garmin tells me that I was ‘idle’ for over 16 minutes, during which I was mostly taking photos and little videos, so I could save as many memories as I could. Clearly I wasn’t bothered by my race time - time in the national park was more precious to me.

For anyone planning any big trips to New Zealand, although this race won’t happen again, there’s nothing to stop someone running this track as a solo adventure. With boats constantly buzzing up and down the coastline, there’s plenty of options to run short, medium or long sections of this little slice of paradise.





TACH Top Tips

Now for a Light (or two) in the Darkness (Andy Grant)

The Petzel Actik Core or Fenix Hm65R-T (catchy name!) – which is best?

Well, let's be honest from the start, these are both good headtorches to light the way on your night-time adventures, and they also represent the different camps most head torches fall into quite well.



First the Actik Core. This headtorch is very light (88 grams) due to its minimalist all plastic build and can be found online for as little as £45. It is easy to use, having three power settings which are easily cycled through with the only switch on the light unit. Although there are three power outputs, for running it's only the 100 and 600 lumen outputs that we really need to worry about. The 100 lumen setting will last for 7 hours and while not exactly Blackpool Illuminations, it is light enough to light the way in front of you on a night-time Tach run, but only just. The 600 lumens setting is a big step up and lights the trail up in front of you beautifully, but it reduces the burn time to just 2 hours. So, with a little switching between the two main power outputs, this head torch can light your way round a club run, startle a few badgers on the way and still be shining brightly, with some battery left in reserve when you make it back to the pub.

The light sits well on the head and has three clicks of angle adjustment up and down, although I found I had to wear it quite low down on my forehead to get the light beam to fall in the right spot, just in front of me, but to be honest that might be just down to my wonky shaped head. Despite its open design the unit is waterproof to the IPX4 weatherproof standard, and I have personally used one with no issues in 20 hours of torrential wind and rain (don't you just love South Wales) with no problems. The battery is a rechargeable unit, but the light can also work with 2 AAA batteries to get you out of trouble if need be.



So, to the Fenix. Not a big and chunky design, it's made from light weight Magnesium alloy, but still weighs in at 140 grams. Price wise it costs more than twice the Petzel but looking at its robust, quality construction it's easy to tell why. Two powerful LEDs; one flood and one spot are controlled independently by two separate switches. The flood LED gives out 400/70/5 lumens. The spotlight LED gives off 1300/400/130 lumens of white light. Now if you think the combination of 2 separate switches, 2 different LED units and 3 different power levels each, would give you a mind boggling combination of run times and light output levels you would be dead right! Getting the most from this light requires a bit of brain power, practice and study of the manuals runtime chart, but if this all seems like hard work, don't despair, if you use just the medium spot and flood lights you can get 22 hours of battery life, giving you plenty of light to see where you're going running across Felton Common and enough power to dazzle the occasional EasyJet plane coming in to land at Bristol Airport as well. For long runs just the medium Flood beam (400 LM) is plenty to see by and with 36 hours of run time it puts you firmly in the territory of all night runs and Ultra's.

The comfy head strap has a Boa dial for adjusting tension and the head lamp unit has plenty of angle adjustment up and down so can be worn quite high up on the head, which definitely helps with the slightly heavier weight of the light unit. The light uses a bespoke rechargeable battery so if you want to carry a spare you will have to factor in the extra cost of one. This head torch is waterproof to IP68 standard and to be honest unless you want to pop down with it and have a quick look at the wreck of the Titanic, water ingress is never going to be a problem.

So, which is best? I think if you are just doing TACH runs in the winter- the Petzel or similar makes and models of headtorch are light, cheap, simple to operate and just the job. For long night runs, all-nighters and ultras – and something more expensive/heavier/robust and complicated – the Fenix is a cracking tool; by balancing the use of the LED's various power outputs the battery life can be stretched to last over multiple nights, and on max power it can still melt ½ lb of butter from 100 yards away (metric equivalent available on request).

N.B. Fenix HM65R-T now replaced with V2. Version, see Fenix's website for details.



TACH 2024 members survey

We asked, you said (Martin Cott)

Back in July, your committee once again asked for your views on what is (and isn't) working well with the club.

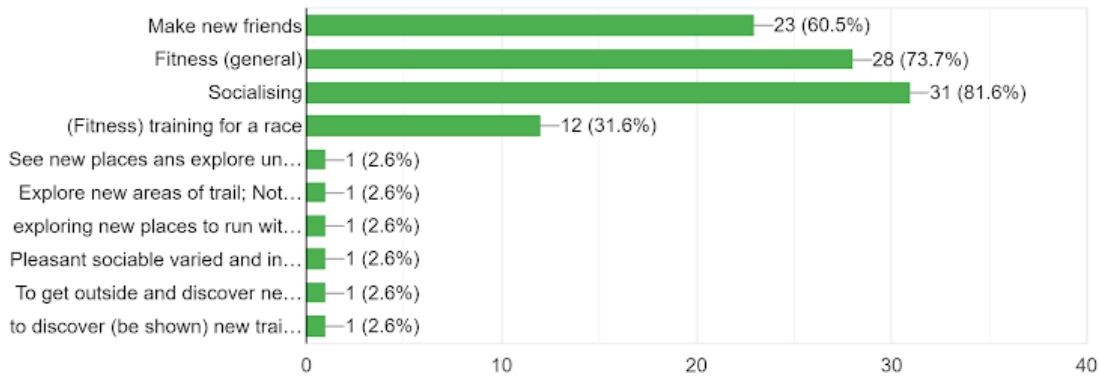
We got 39 responses, out of 155 members at the time. Not a bad response rate although more responses and personal feedback would always be useful. Our previous two surveys both got 50 responses.

Here's a summary of a few interesting points from the survey results...

It was pleasing to see what people want out of TACH: a combination of friendship, socialising and fitness. I think we're good at welcoming new members, and this is evidenced through feedback from people who have joined the club recently.

What do you want out of the club? Choose as many as apply. Feel free to add other reasons as well.

38 responses



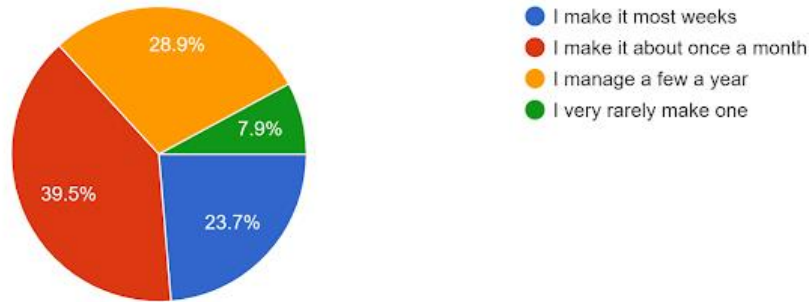
There was a broad spread of answers to our question about how often people come on a Thursday. I think this is good, because it shows that the club isn't just for regulars. It's worth remembering that a run on the spreadsheet can be at any time of the week, not just Thursday evenings!

The results on how often people lead runs were similar to previous years, although a slightly larger proportion said they have not led a run. The main reasons people gave for not leading a run were a lack of time, difficulty of organising the pub, and confidence. Whilst the committee can't give you more free time, we may be able to offer some advice with the others...



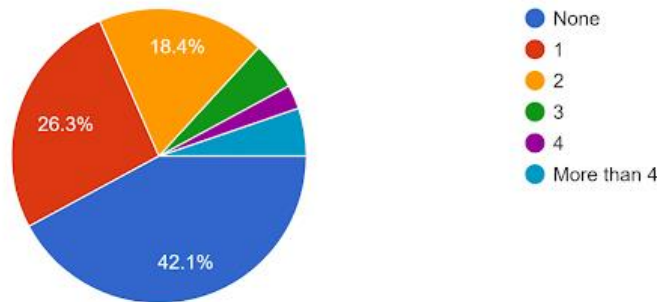
How would you describe your participation in the regular Thursday runs:

38 responses



How many times have you led a run in the last year (approximately)

38 responses



Dealing with the pub can be a pain, but remember that the pub doesn't need to do food. If the pub makes it complicated to order food (eg requiring pre-orders), you can just let people know that they might not be able to get food on the night. Most people will be happy with some chips or crisps, or just a drink, if full meals aren't convenient. Also, check out the pubs tab on the runs spreadsheet for suggestions of pubs which have worked well previously.

Also consider teaming up with a more experienced run leader - they may be happy to contact the pub, and can offer advice on routes. Often all that's needed is a suggestion of a location, ideally when everyone is buzzing after a run, and people will gladly offer to pair up. The route can be whatever you want it to be - remember that your local loop might be boring to you but it will be new to most people.

Last year we asked people's ethnicity, and we found that we are not very diverse in this respect. It would be great to improve this, so if you have any ideas, please speak to the committee!



Upcoming TACH Runs and Events

The only thing more fun than running the Butcombe Trail Ultra is helping to run the BTU (Terry Rogers)

Have you ever thought about doing a bit more for the club? But don't want that role where you have to attend meetings. Well, here's your opportunity.

After the recent success of the Keynsham Dandy, the Butcombe committee has decided to start early and ask people for their help on the day. The Butcombe Trail Ultra will take place on Saturday 26th April with 50K and 50mile distances. The club's great races just wouldn't happen without the volunteers – the Dandy needed 40 people – which means that the Butcombe Trail Ultra will need a least 70, including key roles as checkpoint captain, last runner Marshall, course sweeper etc.

If you would like to help out with the 2025 event please get in touch with the Butcombe committee. You don't need experience – you'll get all the help and advice you need and can be paired with someone more experienced.

This year, the race HQ will be at the Mendip Activity Centre – perfect for families (activities to distract the kids). Given the new location, the race organisers have decided that, if people can give that bit more, we are willing to offer free camping (as well as the usual post-race free meal). This is an exciting opportunity to have even more fun (during and after) the event, which we know is what the club is all about.

Having helped with this event for the past three years, I can honestly say it really is fun and rewarding in lots of ways, from seeing the camaraderie to getting positive feedback from runners – it really makes a difference

"I really want to thank every volunteer for marshalling, aid stations and motivating and cheering. The end was amazing and had not expected all the cheering! I have participated in other ultramarathons with similar amount of participants and they have been nowhere near as good in any of these aspects. Thank you so much."

Race places are selling well. The new 50K distance is very popular, including with club members. It's great to see so many of you wanting to sign up, but it would be great if you could encourage a partner/friend etc. to help out as a volunteer (they can cheer you on from an aid station!).

So, add the date to your calendars and get ready for a fun weekend with the TACH community.

Any questions please ask:

Terry Rogers

Claire Harrison

Andy Fagg

butcombetrailultra@tach.club



Green Goddess social run
8am, 21 December (likely date – tbc)
Newbridge Park and Ride (BA1 3NB)

An annual tradition and the best way to avoid pre-Christmas shopping. Join us for a ~28 mile loop around Bath.

TACH Twelfth Night Party
11 January, 7pm til late
Redland Green Tennis Club, BS6 7HF

The annual TACH Twelfth Night party is back – this time with a Ceilidh. There will be a buffet supper, bar and club awards. All welcome, including partners. Tickets (£18) available on [SIEntries](#)

TACH Discounts

As a member of TACH, you're entitled to 10% off at the following shops. Simply mention the club when making your purchase in store.

Up and Running - Moti - Easy Runner - Ellis Brigham

Also, **Charlotte Arter** is offering 10% off sports massage. Bsc (Hons) Sport Conditioning, Rehabilitation and Massage; SPS Diploma in Sports Massage (Level 4); Great Britain athlete. 30-minute massage treatment is reduced from £30 to £27
60-minute massage treatment is reduced from £50 to £45
07555 273016 charlottearter@hotmail.co.uk



TACH Kit

New to TACH? Want to look the part representing TACH when you run your next event? Or perhaps you're keen to collect the full range of TACH kit, to get you through every season and even promote TACH at work with your TACH mug? Here's what's on offer. You can order any of these from Emma Pemberton, our friendly Kit Meister, by emailing kit@tach.club. Or you can ask her when you next see her to arrange your purchase. Emma also organises a bulk order of TACH hoodies from time to time which come in a very attractive range of colours and styles for only approximately £20. If you want to be notified next time a hoodie order is happening, please do let Emma know.



The classic T - £18



Summer Vest Top - £16



Long sleeved t-shirt - £19



Buff - £5



TACH mug - £5





Race Calendar

Forthcoming races organised by local running clubs

TACH relies heavily on other local running clubs to make our races a success. A lot of promotion of TACH races happens through word of mouth, and running clubs are an essential source of positive recommendations and tips on great races to take part in locally. So while we encourage other local running clubs to spread the word about our upcoming races, we also want to promote upcoming off-road races organised by our neighbouring running clubs to reciprocate. If you know of other off-road races coming up through the year which are organised by local running clubs that we haven't listed here, please do let us know via comms@tach.club and we'll aim to include them in the next edition of Rough Running News – thank you.

- 17 Nov Bath Hilly Half, organised by Team Bath Athletic Club (13.1 miles)
<https://bathhillyhalf.org>
- 24 Nov Brent Knoll race, organised by Burnham-on-Sea Harriers (10k)
<https://www.facebook.com/events/1434888810742000>

dates and events tbc

- January Riverbank Rollick, organised by Thornbury Running Club (9.6 miles)
- February Doynton Hard Half Marathon, organised by Emersons Green Running Club
 Dursley Dozen, organised by Dursley Running Club (12 miles)
 Ironwood Challenge, organised by Nailsea Running Club (10k)
- March Imber Ultra, organised by Avon Valley Runners (33 miles)
 The Big Cheese, organised by Cheddar Running Club (15 miles)
 Hanham Horror, organised by Bitton Road Runners (9k)
- June Bradley Stoke 10k, organised by Sole Sisters North Bristol

TACH race calendar for 2025

26 April 2025
 17 July 2025

Butcombe Trail Ultra
 Purdown Pursuit (tbc)



TACH Championship Points

Compiled by George Hancu, TACH Captain

The TACH Championship recognises TACH members who lead runs, help at events, and write articles for Rough Running News. There will be spot prizes given out quarterly to four different members (i.e. the same person can't win more than one quarterly prize) and obviously the big prize, given out on the Twelfth Night awards and party evening, for the most points in a year. The points system is as follows:

- 1 point for leading a run
- 2 points for first time leading a run
- 1 point for volunteering to help at a TACH event (marshalling, course setting, etc)
- 2 points for writing a Rough Running News article

Q3 2024 TACH Championship points	Members
7	Jonathan Riley
5	Sarah Smith
4	George Hancu, Helen King, Terry Rogers
3	Paul Coppen, Fran Pratt, Liz Little, Andy Little, Luke Taylor, Andrew Marchment, Nick Rickard
2	Richard Breakspear, Sharon Jones, Martin Cott, Emily Griffiths, Pavel Baranowski, Andy Fagg, Dave Braidley
1	Dan Kirby, Tom Hunt, Jack Blanchard, Tom Farman, Phil Boler, Natasha Breen, Tricia Allen, Jamie Smith, Andy Grant, Caroline Bull, Dave Bignell, Teresa Oakes, Graham Sleightholme, Sarah Thorne, Clarence Yeung, Jane Bennett, Cathy Fagg, Claire Harrison, Euan Morlock, Una Miles, Emila Turif, Sam Pilgrim



General Club Information

Leading a TACH run

Everyone is encouraged to “do their bit” and to lead runs. It's great fun introducing people to your favourite run (and pub). If you need more information, chat to the runmeisters Emily and Tom (runmeister@tach.club) or some recent run leaders in the pub, or have a look at the guide on <https://tach.club> for leading runs.

Liftsharing groups

TACH has several liftsharing groups across Bristol to help us all to get to our club runs in a more sociable, decongesting way. Current liftsharing groups are in the following areas:

- South Bristol
- North Bristol
- East Bristol
- Long Ashton
- Cliftonwood, Clifton and Hotwells

If you'd like to join any of these liftshare groups, please do ask around when you're next on a run to find someone who belongs to one of these groups, so you can be invited to join the relevant WhatsApp group. If you'd like to set up a group in an area not listed, or there are enough people to form a smaller sub-group, please do take the initiative – these groups are all self-managing. You can contact comms@tach.club if you want to promote a new liftsharing group through our regular weekly emails, which can then also be added to this list for the next edition of Rough Running News.

Next edition of Rough Running News

Copy deadline is **28 February 2025** – please send your articles to comms@tach.club – many thanks.

Know your committee

Club Captain: George Hancu - captain@tach.club

Chair: Nick Rickard - chair@tach.club

Secretary: Hannah Tracey - secretary@tach.club

Treasurer: Jonny Riley - treasurer@tach.club

Webmeister: Tom Hunt - website@tach.club

Race Committee Chair: Fran Pratt - races@tach.club

Social Secretary: Emma Turner - social@tach.club

Membership Secretary: Martin Cott - membership@tach.club

Run Meisters: Tom Farman and Emily Griffiths - runmeister@tach.club

Kit Meister: Emma Pemberton - kit@tach.club

Rough Running News Editors/ Commsmeisters: Tricia Allen and Sarah Smith - comms@tach.club