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## CAPTAIN'S COLUMN

IT'S BEEN two months since the new thornburyrunningclub.co.uk went online and I hope everyone agrees that it now seems to be finding its feet. The new site has three aims:



- ❖ **To keep members up-to-date with what's going on in the club.** TRC now has nearly 200 members and if we're all to feel we belong, we need to be kept informed. It's important to know what's happening on club night (remember last winter when snow lay thick on the ground?); it's important to know what's going on at committee meetings (do you know how your money's being spent?); and of course it's vital to know who's achieving what in races. The new website will provide this information – so don't forget to look at it regularly.
- ❖ **To make sure all the work doesn't fall on just one webmaster.** It's not until you build a new website, with pages for club records, results, cross-country, entry forms, committee minutes..... that you realise how much Jim Godden was responsible for as webmaster of our former site. This time we've tried to spread the load, with different people looking after their own pages.
- ❖ **To create a new store for all the club's records, which can be easily accessed.** This has taken a few people a lot of time. Retrieving results from the old site is one thing, re-formatting them so they're readable on the new site is quite another. This job still isn't finished.

This website belongs to the club, and if it's to be dynamic and informative, everyone needs to play a part. So please have a look below to see how you can contribute. And if you'd like to help run the website – no matter how little experience you may have – just say the word.

### **Guide to the Website [thornburyrunningclub.co.uk](http://thornburyrunningclub.co.uk)**

There are seven green tabs at the top of the website which divide the website into different sections:

**HOME PAGE** The website always opens on to the Home Page, which features:

**Noticeboard** - this runs down the middle of the page; this is where news and information are posted as they occur; Club Night News is posted every Tuesday. Scroll down the Noticeboard for news you may have missed, or look in the *News Archive* (left), where news is stored at the end of each month.

**Gallery** - a taster of what can be found in the main Gallery (see below). Click photos for captions.

**Upcoming Events** - events and races which may be of interest to club members. The calendar automatically brings the latest event to the top. Click any event to see basic details, a link to more information, and (if Google is behaving) a map location.

**OUR CLUB** has an introduction to Thornbury Running Club, written with newcomers in mind. Below is a drop-down menu of pages giving information about various aspects of the club:

**Club Records** – if you’ve broken a record, contact Angela Bushell ([angelabushell01@yahoo.com](mailto:angelabushell01@yahoo.com)).

**Club Trophies**

**Social Events**

**Prattle & Run** – each edition is published online

**Forum** – a link to TRC page on Facebook; a website Forum is planned for the future.

**Membership Form**

**Membership Notes**

**Who’s Who** – in the club

**Minutes & Reports** - of the committee and AGM

**Rules & Constitution**

**TRAINING** gives details of the club’s various training sessions. Below is a drop-down menu giving information about:

**TRC Coaching Team**

**Club Night Calendar** – what’s going on each Thursday. Awaydays, handicaps and races are all highlighted, so too are the club night routes – some of which have yet to be recce’d and mapped. Members can now see exactly where they’ll be running each Thursday. And the Calendar provides an easily-accessible record of routes for future years.

**RACING** has a summary of the competitive events in which the club is involved, which are listed in the menu below:

**TRC Road Race Championship**

**Cross Country**

**TRC 2010 Team Events**

**TRC Handicap Series**

**TRC vs Chepstow Mob Match**

**Cotswold Way Relay**

**Severn Walkway Relay**

**Avon Athletics Race Diary**

**TRIATHLON** gives details of the club’s multi-sport activities, with a diary of events listed below:

**2010 Triathlon Diary**

**TRC RACES** lists the four races that the club organises each year. Each race has its own page in the drop-down menu, with sub-pages for results and entry forms:

**Riverbank Rollick**

**TRC Aquathlon**

**Carnival (Sundayhill) 10km**

**Oldbury Power Station 10**

**GALLERY** – photos taken by club members of TRC activities. If you have photos for the web gallery, send them to Stephen Hales ([halesquad@gmail.com](mailto:halesquad@gmail.com)).

**MEMBERS’ RESULTS** – a record of members’ results in running races and multi-sport events - perhaps the most closely-studied pages! Eventually there will be a page of results for each year. Tri results are complete, but old running results still have to be retrieved from the former TRC website. A good results service relies on members sending them in, so send running results to [john.grimsey@sword-apak.com](mailto:john.grimsey@sword-apak.com) and tri results to [adriansavery@yahoo.co.uk](mailto:adriansavery@yahoo.co.uk).

**Who’s who?**

Colin Bell ([colinabell@gmail.com](mailto:colinabell@gmail.com)) is the webmaster, responsible for everything technical - from the way the website appears onscreen, to methods of uploading information. If you want to report a problem onscreen, try and send him a screen shot showing the problem.

Judy Mills [judy.mills@live.co.uk](mailto:judy.mills@live.co.uk) and Jacqueline Wadsworth [jacquelinewadsworth@btinternet.com](mailto:jacquelinewadsworth@btinternet.com) are the content editors, responsible for checking pages are accurate and up-to-date. They're also responsible for posting items on the Home Page Noticeboard, so get in touch if there's something you want the club to know about.

*Jacqueline Wadsworth*

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## Edinburgh Marathon 2010

**Scotland? Mid-May? Sounds ideal for a marathon. Colin Symington and Lynne Phillips were amongst those who took the journey north. Here Colin gives his account of the run.**

I did this one last year in what was one of the hottest days of the year - surely it couldn't be as hot two years running, this was Scotland after all!

The route is claimed to be among the fastest in the country - (a certain Ron Hill did 2 hrs 09 mins back in 1970 on virtually the same route at the Commonwealth Games ).

We arrived in Scotland on Friday staying in Dunblane. On Saturday the temperature rocketed, up to the 20's but the forecast was for cloud and light showers on marathon day - perfect.

As we lined up on Sunday morning , there having been some showers at about 06.30 all looked promising for marathon running.

On the start line, cloudy, brilliant.

Countdown to the start 10, 9, 8 sun comes out .. 😡

The first 4-5 miles are ok, some downhill, nice scenic parts of Edinburgh, fine.

It just gets hotter and hotter, out of Edinburgh and it's coastal roads, no wind just blazing sun.

This is one event that has added the new trend of having a relay mixed in with the full marathon. How annoying do you think it is to have fresh runners coming springing past when it's not even half way?!

By the half way point I was suffering and had slowed, dehydrating fast and not able to get enough fluids back on board.

A P.B. was by now out of reach and it was just about getting around and... enjoying it?!

I began to use that common marathon running technique of... walking!

With an out and back section, I started to see the leaders coming back. At this stage when the body is telling you to stop it was just about keeping moving. I was aware that people around me were also in trouble, there were ambulances going to and fro and runners stopped by the side of the roads.

Just as I was thinking that at least I shouldn't be overtaken by a banana or Scooby doo, who comes out of the haze past me? Blooming Batman - but I must have burned off Robin as he was nowhere to be seen 😊

Having rounded the farthest point of the route at 18 miles of head-on sun and turning back to the finish at Musselborough, the sun just seemed to turn with us !

Now managing to run the flat and downhill, walking the uphill , this was to be my next 8 miles. Fortunately , locals had realised the runners' plight and came out with garden hoses , buckets of water and even kids with soaker guns - brilliant. I have never relished a bucket of water being thrown over me so much!!

24 miles, was that a bit of cloud? Soon passed, 25 - 26 degrees, no shade, just keeping moving to the finish.

26 miles, put on my tartan 'see you jimmy hat' for the finishing photo. They put some rubber matting down on the approach to the finish line - very bouncy and not what you really want after 26 miles.

I'm an hour slower than I was predicting but - it's the finish.

Lynn arrives not too much later, first one and in tough conditions, brilliant.

There is a mention that an old chap in a string vest ran the last stage of the relay. Do you think it really was the same one he wore back in 1970? I'm a person that does not get sunburn but boy I look a bobby dazzler! My MP3 player saved part of my arm!!! Must remember sunscreen next year!!

There was however real tragedy with the sad death of a runner who had been taking part in the relay.

A further 18 people were taken to hospital and 242 treated by medical staff for heat related conditions.

I will probably be back in 2011, hopefully better prepared but... it can't be so hot for a third consecutive year .... can it? 😊

*Colin Symington*



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Well done to all TRC competitors at Edinburgh. See the web Results page for how the rest of them fared.

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## Endurancelife 2010 Coastal Trail Series

Adrian Savery explains why it helps to have a short memory.

A few days after running my first marathon back in September, I had forgotten how pointless and painful it was, and decided to enter another. Endurancelife's Coastal Trail Series looked right up my street. 7 marathons spanning 7 months in 7 stunning locations, taking in the best sections of the South West British coastline. Any race where mandatory kit includes a survival blanket and a first aid kit sounds intriguing. With the first three stages having already taken place, I entered the remaining four marathons.

Despite the spectacular scenery and inspiring natural beauty to keep me occupied, I was concerned with my lack of off-road running. After all, my experience to date was little more than school years running around the castle school field in my vest and pants.

First up was the Isle of Portland, Dorset in January. Regarded as one of the easier stages in the series, the course still had a few challenges, namely a relentless head-wind and the gruelling shingle of Chesil Beach. Fuelled on the previous night's fish and chips, a bottle of Lucozade and a pack of Imodium, I lined up with some surprisingly serious-looking runners. My apprehension was immediately justified as the hooter went and we got straight into an almost vertical climb. After 27 miles of vertiginous cliff tops, steep descents and that bloody beach, I eventually finished. I hobbled in after 4 hours and 23 minutes, with one less toenail, a serious dent in my sense of humour and cramp in more places you can shake a stick at. I finished 24<sup>th</sup> out of 171, and after a few days I had forgotten how pointless and painful it was, and was looking forward to the next one. There's a theme emerging here...

Next up was Beesands, South Devon. Unfortunately, the Portland marathon had taken its toll. My lack of interest in stretching meant I was having some ITB Band problems, but with a bit of Ray's magic I decided to go for the half marathon option. The course was within an Area of Outstanding Natural Beauty, the blend of jagged rocks and rolling Devon hills was simultaneously picturesque and punishing. Despite a week of rain and a treacherous course, I was reassured that the race would not be cancelled. Oh good. Whoever came up with the phrase 'there is no such thing as bad weather, just the wrong clothes,' clearly wasn't running today. I spent the first half of the course slipping and sliding along the coast, spending equal amounts of time on my feet and arse. The course then headed up the Salcombe Estuary and back to the event base on bridleways and farmers fields. The final descent back to the event base was steep and very fast, by the time I reached the bottom I had made up a few places but at the expense of all feelings in my legs. I came 24<sup>th</sup> out of 336 in 2 hours and 2 minutes.

At the end of March it was over to Little Haven, Pembrokeshire. Britain's only coastal National Park, Pembrokeshire is justifiably famous for its rugged cliffs, quiet coves and expansive sandy bays. This was probably the most enjoyable course, as although it was demanding, the paths were undulating and so you could maintain a good rhythm. I steadily passed other runners until 20 miles, at which point I completely piled in. This was probably a reflection of my lack of training. During a quick rest stop I had a bizarre discussion with a farmer regarding his goats and their piles. To this day I'm not sure if this was



typical Welsh-farmer small talk or I was hallucinating. Some much needed jelly babies got me going again and I managed to finish strongly. I came 13<sup>th</sup> of 117 in 4 hours and 3 minutes.

Last up was a scorcher of a day in Heddon's Valley, Exmoor. The event base was the Hunter's Inn, a delightful little gem of a pub tucked away in the middle of nowhere. This stage had it all and is widely regarded as the hardest event of the series. Brutal climbs and stiff descents, open moorland, wooded coombes and an exquisite coastline made it a running mecca. The super sized topography was very apparent as I drove down the sheer valley side to the event base to the smell of my burning clutch. If the 5,000ft elevation gain wasn't hard enough, the 28°C made it almost unpleasant. When I wasn't

looking at where my feet were going and didn't have suncream stinging my eyes, the scenery was breathtaking. Exhausted, shrivelled, sunburnt and generally an emotional wreck, I finished 6<sup>th</sup> out of 186 in 4 hours and 36 mins. The post series BBQ and booze up provided some much needed entertainment and rehydration. I'm not sure you'd ever see Haile Gebrselassie tucking into a pint of scrumpy after a race, but what does he know?

The atmosphere at all of the events was excellent and there was always someone to make you chuckle, even on the most savage of climbs. Each event includes a well-marked 10k, half marathon and marathon, and you can enter as many or few of the races as you like, making it ideal for runners of all abilities. There is more to running than breaking your PB – if you're looking for a new challenge and meeting some equally loony people then it's perfect. I thoroughly recommend it, and in a few days when I forget how pointless and painful marathon running is, I'll enter the 2011 series.

*Adrian Savery*

Trinity Booth and Neil Roff have recently completed the Comrades, an ultra-Marathon truly like none other.  
Neil gives his impressions.

For those of you unfamiliar with the Comrades Marathon ('The Ultimate Human Race'), it is an annual race of around 56 miles run either from Pietermaritzburg to Durban (the 'down' run) or vice versa (the 'up' run) with a time limit of 12 hours. Having previously completed an 'up' in 1998 and then moved to England from South Africa, I decided to return in 2010 for the 'down' race. There was a record entry of 23,525 runners for the race with an amazing 1,169 runners coming from outside of South Africa.

I arrived at Pietermaritzburg City Hall at 04h30 for the 05h30 start and I was not alone. There were already thousands of runners milling around or taking their places in their start pens, or taking advantage of the free tea, coffee and soup available. It was described as a 'chilly' morning but it was around 7 degrees and the organisers had clearly not spent January in the UK; for those of us who had, it was positively balmy. Loud music pulsed from a number of speakers whilst the ever-enthusiastic announcer raised spirits, if it was needed, with words of encouragement. At 05h15, the 20-thousand-odd runners all sang along to 'Shosholoz' followed by Nkosi Siki'lela Afrika, the national anthem, and then tears were brought to many an eye by 'Chariots of Fire' (which in this setting does not seem mawkish or corny). It was then time for the traditional cock crow, the cannon shot to start the race and the Black Eyed Peas saw the start of this running experience.

The first 6 miles I spent finding my feet and waiting for the sun to rise. There is a fantastic buzz amongst the runners and an almost palpable sense of camaraderie and expectation. The race, for me in any event, started at Polly Shorts, the first long descent at around 9 kilometres. British runners are starting to get used to the 'mileage' boards at this point - they are in kilometres, not miles, and reflect the distance to go, not the distance covered. The refreshment stages come thick and fast though not as often as they do later in the race. At all the refreshment stages, you have a choice of water, coke and energy drinks, and you also get to pick from a smorgasbord of snacks such as sandwiches, potatoes, biscuits, jelly babies and other things. There are also frequent First Aid stations and portaloos (though as a 3-time user of these, I can confirm they are not for the feint-hearted).

I can also confirm that to call this run the 'down' run is a misnomer; there are many, many up-hill stretches, not the least of which, Inchange, goes on for many a mile. The constant ups and murderous downs soon take their toll and by half-way at Drummond, many a runner is struggling. It is, however, in the second half that the race really becomes interesting. The race really starts to feel like a team sport, many a runner giving words of encouragement to another and many new friendships being forged. The downhill in the second half were, for me, agony, especially down Fields Hill where you can see the Durban City Centre but you are still 15 miles (and many downhills!) away: it is not often that you see more runners walking than running DOWN a hill.

Speaking for myself, the last 10 kilometres while not the most picturesque, were certainly the most interesting. The crowds are London Marathon-esque (in fact, there are very few points on the course where there are no supporters) but they are even more enthusiastic; they gather on the side of the road with their braais (barbeques to you English) and their deckchairs, ubiquitous beers in hand, screaming to each runner. The whole experience made me feel very special.

Nothing, however, can prepare you for the finish at Kingsmead Stadium, Durban. There were thousands and thousands of supporters packing the stands, the noise is incredible; vuvuzelas make their constant racket and the commentator raises things to a fever-pitch. I have never seen anything like it. I stumbled across the line in 10:24:40 in 6,368th position and received my medal and reflected on a job well done. In a nice little addendum to my Comrades story, I then bumped into my fellow Thornbury runner, Trinity Booth, who had finished in a more respectable 9:14:12 (3,184th). Well done, her!

Over 16,000 runners finished, around 50% of them in the last hour. The attrition rate, however, prevented a Guinness Book of Records entry for the highest number of finishers in an ultra-marathon. I would encourage anyone who has ever fancied running an ultra to get out to SA for this race at some point: there would be no regrets and furthermore, you can fly out of King Shaka airport the day after and share knowing nods and winks from the other countless runners hobbling and wincing towards their departure gates."

*Neil Roff*

**This month the two 20-Q subjects are the 20-Q creator and the Editor. It's only fair they too should have to reveal all**

**Today Selina Davies.....this is your...20 Questions!**

1. Where were you born? *Thornbury Hospital*
2. What is your favourite race? *Sodbury Slog, and Cotswold relay.*
3. What is your favourite film? *True Romance by Quentin Tarantino*
4. What sporting moment you are most proud of? *Being awarded the Helen Ralph memorial trophy and my ironman.*
5. What is your favourite book? *So far, Bird song by Sebastain Faulks and The Kite runner by Khaled Hosseini*
6. How many years have you been running? *6 years*
7. What is your occupation? *I am all things wonderful for my lovely family of 4!*
8. How many miles a week on average do you run? *20*
9. What is the first piece of music you ever bought? *Well that's a bit tricky because my Dad owned Shapes Record Shop in Thornbury so I didn't buy much, I remember listening to Ay Ay Ay Ay Moosey by Modern Romance in the shops 'booth' quite a few times when I was little. The first band I saw in concert was Depeche Mode when I was going through my black phase.*
10. What is your favourite piece of running kit? *My lucky pants! (Courtesy of Garry)*
11. Secret crush? *It used to be "Safe Hands" David Seaman (without the ponytail and moustache)*
12. Do you have any pre/post race rituals/habits? *Pre race; Going to the loo a lot and listing all the reasons why I won't do well like having a cold or no sleep etc. Post race not being happy with my result for longer than about 30 mins, before thinking I could have done better.*
13. Which is your favourite, winter or summer? *I need to add autumn and spring to this question.*
14. Who is your sporting hero? *Sir Steve Redgrave, Sandra Webber, she was really supportive when I first started running and doing triathlons and gave me loads of good advice. She trains hard and with purpose and never gives up even through some crappy injuries. I admire her focus. Actually there are quite a few ladies in the club who I am inspired by and who have given me some good advice during my time at the club like Carol Bishop and Helen Renshaw to name a couple more. Oh and Trevor Roberts, it's his fault I ended up agreeing to do the Ironman.*
15. How do you get through 'the wall'? *I Have a few words with myself and then smash through it...but sometimes I drag it with me for a few miles first.*
16. Tell us about an embarrassing moment. *There are too many...!*
17. What is your current running goal? *Sub 21 min 5k, eek now I have said it!*
18. When you were a child what did you want to be when you 'grew up'? *Madonna (the singer, not the religious icon)*
19. Do you have any secret ambitions? *To write a book and to do another Ironman.*
20. Why did you start running? *I walked Bristol half marathon in 2003 for breast cancer research and while we were marching along one side of the Portway I was watching all you lot running back down the other side thinking I want to run it. Sandra talked me into to joining the club and shortly afterwards she introduced me to Garry and that was that.*



**And today Judy Mills, this is your...20 Questions!**

1. Where were you born? *Redhill, Surrey. I lived in Reigate until I was 6.*
2. What is your favourite race? *Cape Wrath marathon? Edale Skyline? It's hard to say; varies depending how fit I am!*
3. What is your favourite film? *Don't watch many. Schindler's List was incredibly moving, but I also like Whistle Down the Wind with a very young Hayley Mills (no relation)*
4. What sporting moment you are most proud of, (PB etc)? *Finishing the Cape Wrath marathon in appalling weather conditions, after having a tummy-bug, but I ran the last 8 miles with a lovely lady called Jane from Cheltenham who was also struggling having recently been diagnosed with 'probably MS'. We were slow, but we were so pleased to finish!*
5. What is your favourite book? *Cider with Rosie and The Lord of the Rushie River*
6. How many years have you been running? *Er – 40-ish*
7. What is your occupation? *Newly retired from the Police Service. I now have less free time than ever!*
8. How many miles a week on average do you run? *25 - 35*
9. What is the first piece of music you ever bought? *Tchaikowsky's Swan Lake. It was really a present for my Dad but I liked it too.*



10. What is your favourite piece of running kit? *Nike Airspan shoes. Now on my 4<sup>th</sup> pair, and there aren't many shoes you can take fresh out of the box, run a half marathon, then 5 days later a full marathon in them.*
11. Secret crush? *Okay, it used to be Neil Diamond. Nowadays they have to **stay** secret!*
12. Do you have any pre/post race rituals/habits? *There's nothing like a good fuff the night before a marathon! (For more details see Jan Burke)*
13. Which is your favourite, winter or summer? *Live for the moment ...*
14. Who is your sporting hero? *There are many I admire, whether because of their success in reaching a high standard or because of triumph over adversity. No names, but there are those in our club and other local clubs who I would include.*
15. How do you get through 'the wall'? *I don't think I've ever hit it. Perhaps I don't run fast enough to catch up with it.*
16. Tell us about an embarrassing moment *They're all too embarrassing ...*
17. What is your current running goal? *I'm still chasing a sub-4 marathon, but as the years progress I now only need sub-4:15 for a gfa London in 2012. Still would like that sub-4 though.*
18. When you were a child what did you want to be when you 'grew up'? *A vet*
19. Do you have any secret ambitions? *To keep running until I'm **really** old. And, like Selina, I want to write a book.*
20. Why did you start running? *Because my friend Rachel didn't have a bike. The only way I could get her to go anywhere was to lend her mine, so running became a fairly natural way of getting from A to B. A games teacher actually noticed this and suggested I did a cross country race. I only did one, but when I applied to join the police service at nearly 24 I was scared all the 18-yr-olds would be far fitter than me, so took it up a bit more seriously – and I haven't stopped since.*

## **Prattle & Run – where now?**

This is the first edition of Prattle & Run to be produced since the website was properly up and running. Traditionally it has been produced in hard copy, from the days when there was no electronic way to send-out information. I believe it started as a single sheet, more frequently produced, and may have even come off one of those Roneo jobbies where the words were typed on a waxed sheet which was then fixed to a roller and the ink was pressed through the letter-shaped cuts in the wax. Oh, happy memories!

When I first joined TRC John Grimsey had been editing for many years and the newsletter included race results, forthcoming events and often articles for the amusement of readers, not necessarily running-related. John will tell you that he has often had to beg or cajole members to provide him with something to print, and I have found that generally it is the same people (many, many thanks to them, particularly Jan Burke, John Francksen, John Grimsey, Selina Davies and Jacqueline Wadsworth) though I am pleased this month to have articles from new contributors Adrian and Colin.

Increasingly items in P&R have been repeated on the website, but as a proportion of members still had little or no internet access it was important that hard copy was available. In addition, I know at least one member who likes to be able to pass a paper copy to friends or less regular club members.

If you look at the content of recent P&Rs, the only items with no slot on our website are race reports and 20 Questions, but there's no reason why we can't find a place for them.

Whilst I enjoy editing the magazine, it is a time-consuming process, and the frequency of editions means items could be considered out of date before you read them. Add to that the issues surrounding printing; for economic and environmental reasons I have already replaced the front cover with a headed page, reduced font size so that there are less pages and I hate getting an odd number of pages because it means there will be one blank side! Having progressed to colour I am unwilling to return to B&W, but ink is expensive. My recent printing facility is no longer available to me; it's my home printer or nothing unless we pay a considerable amount for eg Horlers to produce it for us. Currently Prattle is produced at no cost to the Club. A suggestion that the magazine is produced only four times a year would reduce costs, but would mean items would be even older.

I have previously asked if anyone has any thought on this, or has the facility to produce copies, and I have received very little response. I can only assume that members are happy with whatever they are given, or maybe it doesn't matter to them at all. We are, after all, a running club, not a reading club, and I would far rather my editorial was about the former, not the latter!

So, if you need a hard copy, please print it from the website. If you have anything you would like to say, or any articles or photographs to contribute (race reports don't *have* to be about long and silly races!), please send them to me [judy.mills@live.co.uk](mailto:judy.mills@live.co.uk) by 5<sup>th</sup> August 2010.

With the Club and Committee details being so easily accessible due to the www, a number of advertisements and appeals drop into my mailbox. Some of these are shown below, not because I can recommend the products or charities, but to give Club members the opportunity to make their own decisions. It's over to you ...

### One for the Ladies

Guy Mathiot is the creator and MD of **workplay** a new brand of women's specific sports and running bags engineered technically to fit the female form. They recently exhibited at the Tewkesbury Half Marathon where they contributed prizes to both the winners and also the last lady over the line.

Workplay is a small British company based in Wiltshire who have created what they think are some very technical, but also stylish and feminine bags specifically for running & walking, gym and swim. Having designed as a sports product consultant for years for major brands like Asics & Puma they have launched their own brand of women's performance bags which have been supplied to women's specific retailers like sweatyBetty and SheActive.



Guy says: "We have had good reviews from both the TV fitness guru [Joanna Hall](#) and [sportsister.com](#).

"The '**fleetfoot**' bum bag ( weighs just 95 grammes – see picture) and the '**mercury**' hydration backpack are the sorts of bags your members might find interesting.

"If you can help us in anyway to let the women in your club know about [workplay-bags.com](#) we would like to offer a special discount for your members."

Dear Thornbury Running Club,

SportsAid South West is a charity that helps young talented athletes from the South West region. We help 12-18 year olds in over 50 able bodied and disability sports by providing them with a cash award of between £500-£1000 each. Athletes who receive our support are nominated by their National Governing Bodies of sport so that we recognise the right athletes to support at the right time. The athletes we do support are at a National/International level and all have a dream of one day becoming a champion. We have alumni that include individuals such as Dame Kelly Holmes, Paula Radcliffe, Sir Steve Redgrave and Rebecca Adlington. As a running club I would like to propose a couple of possible ways you may be able to help us.

- Organised runs in favour of SportsAid – Can SportsAid SW be your race's local charity to support?
- Getting individuals running for sponsorship at big races e.g. Bristol Half Marathon.

I would really appreciate any help that you may be able to support us with.

I would be grateful for any response you can give,

*Isadora McCarthy*  
Regional Officer - SportsAid South West  
77 Strode Road  
Clevedon  
BS21 6QE

SportsAid athlete of the month:  
<http://www.sportsaid.org.uk/athletes/profiles/view/joel-jackson>  
[http://www.sportsaid.org.uk/region/south\\_west](http://www.sportsaid.org.uk/region/south_west)

Dear Thornbury Running Club,

#### **VOLUNTEERS SOUGHT TO 'RUN TO THE BEAT' FOR BRANDON**

An appeal for energetic volunteers to 'Run to the Beat' to help Gloucestershire people with learning disabilities live the life they choose, is being made by The Brandon Trust.

The fund raising event which is London's largest half marathon will be under starter's orders at the iconic O2 Centre on Sunday September 26 with musicians and bands lining the 13.1 mile route to help the runners go with a swing.

Brandon's Chief Executive Lucy Hurst-Brown said all the people they supported in Bristol had learning *disabilities* but much more importantly, they have a huge range of *abilities*. Cash raised on Run to the Beat would enable them to begin realize their full potential.

"So anyone seeking a rewarding way to keep fit this summer by training for this great fun half marathon would be most welcome to reserve a place by calling Stefania on 0117 952 8252 or email [stefania.rulli-gibbs@brandontrust.org](mailto:stefania.rulli-gibbs@brandontrust.org)

Brandon, whose head office is at Olympus House in Patchway, now provides support services not only in greater Bristol but in Gloucestershire, Bath and North East Somerset and throughout Cornwall.

**For further media information about Brandon Trust call Steve Day on 0117 907 7200 or visit [www.brandontrust.org](http://www.brandontrust.org)**