

# NAILSEA RUNNING NEWS

*News and Views of Nailsea Running Club: March 1990*

*Chairman Tony Targett · Secretary Jason Pflchers · Treasurer Mark Groves · Editor Don Jones*

## Spread the word about the New Ladies Group.

by Don Jones

The launch of a New Ladies Group is due to take place on Thursday 22nd March, 7.00p.m. at Scotch Horn Leisure Centre. It is primarily aimed at attracting new members but if you have let your running lapse of late why not join Shirley and Caryn? Even better bring along a friend and really get to grips with your defunct New Year resolution!!

"First Tuesdays" start again this month and I am to co-ordinate the first evening on March 6th. Be there or be a "Reliant Robin!"

Do you have any photographs, press-cuttings, memorabilia, associated with club events, races etc? Would you donate them to the club in order that we can build up a "Scrap-book"? If you can help please contact Shirley on 851061. Any suggestions as to a title for the book, "Confessions of a Jogger" perhaps?

Yet another date for your fun-packed diaries, Friday 22nd June. BBQ at Middle Hope on the beach. Further details to be announced. Contact Frank Brady or Shirley Dommett if you can help out in any way.

## Congratulations Kate and Andy on the birth of daughter Sophie.

### ROGUE RUNNER

*The marathon distance is fixed at 26.2miles or 46.145yards but is this fair? Tony for instance will take approximately 40,000 steps between Greenwich Park and Westminster Bridge whereas Rob could quite easily reduce that by 10,000!!!! Surely it would be much fairer if all competitors had to have the same stride length, a rather messy business if legs were to be reduced to a standard length so stilts would be supplied to make up 'leg length deficiency' or LLD as it would be called on the entry form. Perhaps then we would see how the likes of Steve Jones fair when placed on equal terms with the rest of us. Now what about BWD? (body weight deficiency).....!!!!*

## Invitation: Take the 'bait' at 2 Goss Close!

If you're into Gouda, Blue Stilton or plain old Cheddar this is the event for you. Cheese and all accompaniments will be provided just bring a bottle to: 2 Goss Close, Nailsea on Saturday 10th March. Contact Frank Brady for further details. (857172)

**LOCALISH EVENTS:**  
4.3.90 Dursley Dozen;  
15.3.90 Weston Prom Run;  
18.3.90 Bath Half; Contact Roger for further details of these and others.

**NRC RACE RESULTS:**  
15.2.90 Weston Prom Run  
Best turn-out so far but no PB's this time! Ted 31.30, Mark 29.40 (waiting for Jason), Jason 29.40 (waiting for Mark), Tony 31.42 (waiting for a window in the weather), Caryn 40.00, Frank B 31.40 Don 32.31 (waiting for Rob), Mike 32.18, Rob 32.30 (sneaking past Don), Angie

34.08 (great to see you back), Martin 34.11, Frank R 33.52.

18.2.90 - The instructions should have warned me, "meet at the electricity pylon east of Nempnett Thrubwell"! However, undeterred off we went, on our bikes! Oh, didn't I mention that? Good training for a trip to the Alps taking in all EEC countries in six days and of course, it would make the perfect warm-up for the event! Others warmed-up by running there from Winford! What fun! Angie seems to have been the only sane one present, she arrived by car, (how mundane!) Frank B, Jason, Mark, Ian and Ted also took part in a good event which had no respect for new trainers. In true "Hash" style the beer and socialability were great.

AND FINALLY..... Have you paid your subs for the year? Individual membership £4, family membership £6, junior membership £1. Money to Mark A S A P please.

Two teams of NRC swimmers took part in the SWI-MARATHON held recently at Backwell Pool. Nailsea Putters completed 65 laps and Nailsea Panters 72 laps. Money raised will go to Bristol Childrens Hospital.

At a meeting held on 22nd February it was decided that NRC would once again organise the "Festival-5" during Nailsea festival week. Possible date for the event Wednesday 27th June. Stand-by to be volunteered!!

A PLEA FROM SHIRLEY: Please annotate with dates, event, names etc. any photos for the club scrap-book, thank you!