

Chepstow Harriers Wots On-July '09

Club Talk

Merthyr Mawr Training Camp Weekend. 9th - 12th July 2009

Revised edition! From Andy C



Yes, that's right, 9th - 12th. You are welcome to arrive from Thursday mid-day if you wish, as long as you inform me first. Arrive whenever you want, although activities will only be laid on from Friday evening.

An Overview

Accommodation at the old Candleston campsite, Merthyr Mawr near Bridgend, with facilities, but not now open to the general public, adjacent to the beach. (Well, a couple of hundred yards)

Location:

The campsite will be signed from the A48, where it is crossed by the B4265, using typical Harriers race signs. It is situated at grid ref: SS872772. It is accessed from immediately in front of the Merthyr Mawr pudding race car park.

Assuming you are approaching from the East and leaving the M4 at junction 35, there are several supermarkets and fast food joints along, or just off, the A473, before you reach the harriers 'signage' - a good place to stock up on provisions.

Friday evening - An easy group off-road run through the dunes. 4 miles?

Communal Task - Bonfire building. Eat. Briefing for the weekend.

Saturday 8am to 1-00pm

Repeat of weekend briefing for late arrivals, if necessary.

Pre-Breakfast handicapped 'Big dipper' race. A race first up Europe's 2nd largest sand dune - and then a separate one all the way down again! Post breakfast - Two training workshops - one aimed at off-road skills, accommodating different levels of aspiration, followed by a quite different workshop more appropriate to roadrunners. (Seen Chariots of Fire?)

Whilst both will have a physical element, the off-road workshop will concentrate more on technique. Thus you should not be cream-crackered by lunchtime.

There will be a simple orienteering stringcourse, ideal for children, accompanied under the age of 7 years, I would suggest.

Saturday 2pm onwards

An optional repeat of both morning sessions, if there's a demand, but running concurrently. This should allow parents to split childcare duties during the morning and afternoon. If not doing a workshop there will be a couple of hours of 'free time.'

Whilst the workshops run, there will be a different orienteering Stringcourse laid out for children and a simple 'Score' orienteering course more suited to adults or older unaccompanied children, all within the grounds of the campsite. There might be an 'off-road' fun skills session for juniors, as well.

Saturday 3-30pm

Hopefully, men, women and children who aren't now 'crashed out', will throw themselves into a communal game of 'Rounders'.

Meanwhile, I hope to set some of the children off on a scavenger hunt or treasure hunt, complete with buried treasure. Any offerings of gold, old running trophies, chocolate pennies etc gratefully received!

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Saturday 5pm

Time to eat. I would very much like us to eat at the same time in the communal area by the tents. Due to folks various food preferences and eating habits it is logistically sensible if everyone purchases and caters for themselves, or comes to some agreement beforehand. There are several mobile BBQ's around the site, but I would suggest you bring a piece of wire mesh (B&Q?), as those on-site are a bit worse for wear.

Saturday evening - Socialise/chill out/ take part in the Organiser's "Team Challenge Trophy" (Not running or drinking!), prior to the night run to the beach (dip?) and local hostelry. Return to the campsite for the traditional 'cremation' of marshmallows on the way-too-big bonfire. There might be a night 'string' orienteering course, for those naughty children not tucked up in bed.

Sunday am - Either a local race (?) or club follow-the-leader run. Pm - Beach? For this weekend to be at all successful, members must 'buy in' to what's laid on, and make a concerted attempt to be on time. Whilst it's important that folk enjoy themselves, if the timetable gets out of synch it maybe that something will have to be lost to the programme.

Something that other harriers may have been looking forward to. I have a lot of balls to keep in the air, so any offers of assistance would be most welcome. If you have any ideas re: running or 'entertainment' please let us know. Commitment to participation is the key however.

The weather will be a real scorcher, I assure you . . .

Please bring the family. I anticipate that club members will have mellowed somewhat having savoured the fruits of the vine, prior to the 'Organiser's Challenge' in the evening. Whilst this is aimed at adults, there is nothing in it's content that is inappropriate for children to see. I would very much like an idea of numbers likely to attend, so an email (ac@ghost.org.uk) or PM via the bulletin board would assist. Or nobble me at the club.