

Tring Runner

April 2007

Club Runs:

Every Wednesday

7:30 pm Running from Tring Cricket Club

Monday April 2nd and May 14th

7.30 p.m. Running from Berkhamsted

Cricket Club – meet in the bar

Main Forthcoming Events

Wednesday April 4th – EGM 9:30 pm at the Cricket Club (see agenda on last page)

Friday April 6th (Good Friday) - Hash organised by Mike Gaunt – more details in this newsletter

Sunday April 22nd – London Marathon and Prize Giving. The Prize Giving will start at 8:00pm at the Cricket Club. Food will be available

Friday April 27th – Ladies Night – A social evening for the ladies organised by Maria Cook – more details in this newsletter

Sunday April 29th - Aldbury Cross Country Race. The third event in the off-road championships.

Monday May 7th – Pednor 5

Monday May 14th – Running from Berko

Wed May 16th - Invitation Evening – Local clubs are invited to join us on our Wednesday evening run

Friday May 25th – Mon 28th May - Brecon Beacons trip - see Mandy Bonthron

Saturday June 30th – Breakfast run – from Bob Ford's House in Pitstone

Newsletter contributions to **Peter Hamson** by Sunday 29th April please.

Email: phamson@caci.co.uk

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Editorial

By the time March arrives there are definitely signs that spring is on the way. The days are longer and lighter and we can dream of getting outdoors. To some this means the fell running season is under way again and this year it began with a vengeance with the Edale Skyline Fell race. I think even the most hardened fell runners will agree it was a bit windy up there. Standing up straight was not an option. One had to lean into the wind at about 45% to avoid being blown away. Then there were the hail stones banging against your cagoule and making such a noise it sounded like gun fire. Anyway – more on that later...

Conditions weren't brilliant for the other popular event of the month either. The first Sunday of the month saw the Berkhamsted half marathon. However, it was still well supported by the club with over 30 runners.

Needless to say, most of the rest of the month was bright and sunny; apart from last Friday when it was wet and dismal – and which just happened to be the day I had chosen to do a 50 miler with some friends from the LDWA.

Good luck to all runners in the London Marathon

And whether or not you are running it – don't forget the Post Marathon bash and Prize Giving at the club house in the evening

Peter Hamson

VISIT OUR WEB SITE

<http://www.tringrunningclub.org.uk>

Race Results

Berkhamsted Half Marathon

Runner	Posn	Time	PB
Alan Whelan	32	1.23.20	Y
Jon Scullard	83	1.30.48	
John Manning	91	1.31.13	
Tony Ruberry	92	1.31.17	
Michaela Colwell	158	1.35.40	Y
Kirsty Barnett	214	1.38.37	
Paul Cowan	231	1.39.11	
Jonathan Smith	251	1.39.56	
Richard White	277	1.41.56	
Nigel Kippax	353	1.44.20	
David Heron	438	1.47.58	
Sarah Hunter	476	1.52.20	
Dave Jones	525	1.53.42	
Elise Aitchison	526	1.53.43	
Louise Berry	528	1.53.54	
Maria Cook	554	1.55.33	
Verna Burgess	565	1.55.03	
Kim Reed	568	1.55.43	
Nicola Lewarne	604	1.57.43	
Liz Daniel	646	1.58.48	
Geoff Dennis	649	1.59.57	
Anna Scarth	692	2.02.09	
Nigel Millwood	696	2.02.22	
Edda Aitchison	700	2.03.34	
Gill Heron	789	2.07.50	
Frances Mills	816	2.10.37	
Beth Dennis	863	2.18.18	
Eliza Hermann		2.31.06	
Mike Gaunt	921	2.35.14	
Pam Burley	939	2.50.39	

Berkhamsted 5 mile fun run

Runner	Posn	Time	PB
Dave Cary		43:10	
Janet Reeve		49:24	
Ian Verchere		58:08	

Despite very wet and windy conditions 30 members of Tring Running Club completed the hilly annual Berkhamsted half marathon on Sunday.

Brian Nicholson, a former long term club member, returned for the event competing for his new club Chippenham Harriers in 1.50.50.

Alan writes: Did 1:23:20 - a PB by 16 seconds if that counts! Very cold and wet - not my most enjoyable run.

Chiltern Kanter (26 miles LDWA event)

Runner	Posn	Time	PB
Simon Barnett		3:37	
Mark Rochester		4:18	
Peter Hamson		5:16	
Tony Hill		5:16	

This was a local event, starting and finishing in Tring and organised by the Long Distance Walkers Association. We were provided with a series of map references and we had to find the route between them, answering a question at each one. We were treated to the usual LDWA hospitality with plenty of support on the way round and a meal at the finish. The only thing they couldn't arrange was the weather. It rained for most of the day which made it extremely muddy under foot.

LDWA events are essentially non competitive and local runners like ourselves obviously had an advantage, but Simon still had an extremely good run to be the fastest finisher of the day; almost 20 minutes faster than the second runner.

Simon and Mark proved you don't have to be an *old git* to take part in an LDWA event. It was unfortunate it clashed with the Berkhamsted half Marathon or it would have been an ideal training event for things to come.

Post Office 2007 Cross Country Championship Parliament Hill, Hampstead Heath (4.8 miles)

Runner	Posn	Time	PB
Clive Cohen	4		

Clive was 4th of 21, 3rd male vet, for which a nice trophy was awarded.

Clive writes: Conditions were very boggy on the day. It was the first time I'd done this event. Apparently in the glory days of Post Office/Royal Mail recreation clubs there'd be 200 plus runners. A disappearing heritage!

Milton Keynes Half Marathon

Runner	Posn	Time	PB
Sam Williamson	16	1:17:58	Y
Jim Sinton	137	1:27:58	
Robert Pinfield	556	1:42:29	
Anna Scarth	1147	1:57:27	
Maria Cook	1180	1:58:07	

Another excellent run by Sam to finish 2nd vet and break the 80 minute barrier for the second month running.

Sandy 10

Runner	Posn	Time	PB
Michaela Colwell	118	1:11:25	Y
Richard White	164	1:14:41	
Mandy Bontrhone	226	1:19:24	

Congratulations Michaela on setting two PBs in one month.

Michaela writes: A beautiful morning (in fact positively warm!), especially when you compared it to last Sunday and the Silverstone 1/2/Edale weather! Great course, with a slight hill at the beginning (which you came back down at mile 9 - lovely!) apart from that all flat and green. Highlight for me were the 6 donkeys galloping in the field at about mile 6!

Duchy Marathon (Cornwall)

Runner	Posn	Time	PB
David Heron		4:02:30	

This was 10 seconds faster than last year. All his training must have paid off!

Duchy 20 (Cornwall)

Runner	Posn	Time	PB
Nigel Kippax		2:55:00	
Gill Heron		3:26:09	

Gill writes: It was warm, quite hilly and very windy !

And from Nigel: ...would have been quicker but I had to stop at my Mum's house for lunch on the way around!!

Serpentine 5K

Runner	Posn	Time	PB
Tony Ruberry		19:19	

Tony writes: I ran my second 5k race in the last ten years on Friday. I'd forgotten quite how hard work a 5k race is - far too short and fast! Even so, I was quite pleased to be only 5 seconds slower than a decade ago.

Silverstone Half Marathon

Runner	Posn	Time	PB
Alan Whelan		1:25:02	
Richard White		1.40.18	
Sarah Hunter		1.45.49	
Bob Ford		1.54.45	

The Silverstone half marathon was held on the Grand Prix circuit and started by Nigel Mansell, who also ran in the race. A field of some 6000 runners had to contend with strong winds and variable weather conditions

Our new Press Secretary

Gill Heron has kindly offered to take over the task of Press Secretary and will try and cover certain key events like the London Marathon. Please try and help her by letting her know your race details including results and any other comments like whether it was a PB and sending any photos you may have.

Her email address is :-
gilldheron@btinternet.com

Special Announcement – Ladies Night!

You have probably already seen the email I sent about our New Event, a Ladies Night!

All ladies are invited. It will be a night of frivolity and fun so everyone can get to know everyone. We have a lot of lady members now but I must say I don't know you all and I'm sure a lot of you feel the same. So – action is taken!

Our Ladies Night will have no running, but there will definitely be drinking and eating in the form of wine, cheese, nibbles, dips etc, there will also be a spot of music, and plenty of good chat! The Chippendales were busy so the TRC mens XC team have volunteered to entertain us with their finely honed bodies, rugged good looks and Vaseline (*only kidding, don't worry guys!*).

Date: Friday 27th April

Time: From 7.30pm

Venue: My House at 22 Cobbetts Ride, Tring

RSVP: maria_cook@symantec.com or 07795 122529 or grab me on a Wednesday night.

Of course, if this is a success, there is absolutely no reason why the event can't be repeated in the summer!

Looking forward to seeing you all!

Maria Cook

The Devon Pub Run

Always a popular event for Tring runners - Entry forms for Devon pub run are now available on the Axe Valley website:-

<http://www.axevalleyrunners.org.uk/races/dream.htm>

For newcomers, most of the club run this clockwise. This gives you a hilly start and a flatter finish (with the added benefit of an extra pub near the end if you feel so inclined) ... and avoids the temptation to linger too long at the beer festival!

... and Maria gave the following reply when asked whether to enter "wet" or "dry":-

WET it is but that's only one drink per pub so it may be pertinent to stuff some extra dosh down your crop-top for those additional pints that you may want to slurp on the way, plus some for the mandatory fish and chips on the sea front at the end, and possibly a quid or two to pay the taxi driver who will take you back to your tent (if standing up has become a non-option), not that you will remember that bit! But worry not, there are always some sober onlookers who will gleefully sneak up on you with a digital camera and report back on your activities for the newsletter!

Reminder - Good Friday Hash - 6th April 2007

Pam and I will be laying a hash starting from the car park near Ashley Green Community Centre at 2:00pm on Friday 6th April.

Ashley Green is located mid way between Berkhamsted and Chesham on the A 416. When approaching from Berkhamsted fork left down Two Dells Lane and the meeting point is then 200yds on the left.

Base route will be approx 6 miles with lots of false trails to provide entertainment for those who have a desire to run further. In accordance with the time honoured tradition for this event there is a treasure hunt element with Easter eggs to be found at certain checkpoints and a pile of rice at one location on the route. There is even a special prize for the person returning with the largest quantity of rice from that pile!

This will be a family Hash with short cuts for walkers. Please come and join us - bring friends and family. The more the merrier.

Map : www.multimap.com/map/browse.cgi?lat=51.7362&lon=-0.586&scale=25000&icon=x

Mike Gaunt

More details about the South Herts Hash House Harriers can be found at www.sh4.co.uk

More Free Massage

Hello everyone,

My name is David Sawyer, some of you may know me, I joined the club last year, and I enjoy running off road sessions on Wednesday evenings. I am currently studying with the London School of Sports Massage, for a diploma in Sports and Remedial Massage. The course lasts for 10 months, and I will qualify in October this year. Although the syllabus covers the whole body, my interest in running means that I intend to focus primarily on treatments for running based injuries.

As part of the course I need to 'get my hands on' as many different people as possible, so I would like to offer my services to any member of the club, completely free of charge, either for general massage or for specific problems. For the next few weeks I am intending to continue running on Wednesday evenings, but living locally, I would be very happy to arrange to meet you either at my house or yours.

If your Spring training is causing you to seize up, let me loosen you off!

Contact me on either 01442 822691 or 07779 149282 or david.p.sawyer@btinternet.com

David Sawyer
6 Hollybush Row
Wigginton
Herts
HP23 6HL

(As Richard White said last Wednesday evening: "Sounds good – just a shame he's a man!")

Edale Skyline

They're a tough lot these fell runners. On a day when conditions were officially described as *interesting* over 400 runners attempted the annual Edale Skyline Fell Race - a classic horseshoe route in the Derbyshire Peak District. - 21 miles long with over 4500' of ascent. In fact most people would have described the conditions as absolutely atrocious. We had to contend with blizzard conditions, hail and worst of all strong cross winds. After less than a mile we were on the first top – the wind was so strong runners were clinging onto the rocks unable to move. Normally, in these conditions, one would get down into the valley as quickly as possible – not carry on for another 20 miles.

There was a cut off point at 11.5 miles at Mam Nick. You had to get there in two and a half hours or you were timed out. Just before Mam Nick you had to cross Mam Tor where the head wind brought you to a standstill. I fought my way down to Mam Nick and saw runners leaving on the other side. When I got there I was amazed to be told I was timed out and would have to stop. There was no arguing with the guy – if I carried on he said I would be banned from all FRA events for a year. I looked at my watch and yes, I might have been outside the time limit, but only by less than a minute. Although I did not realise it Brian Layton had been behind me for a lot of the way but had kept an eye on his watch and overtaken me coming down from Mam Tor and somehow squeezed through the cut off point. If I had realised who it was I would have stayed with him. (It is difficult to recognise people when they have a balaclava over their face). I considered going on regardless but thought better of it. I would have felt a bit stupid if I had gone on; lost contact with the runners in front and then got lost; so I made my way back to Edale and a hot meal.

I have the greatest admiration for all those who completed the course. I was following Kirsty for a while in the early stages. She had an extremely gutsy run - appearing to be almost unaware of the wind and hail. At one point she fell flat on her face but immediately picked herself up and went on to eventually finish 20 minutes ahead of John Manning. How the winner managed to do it in 2hrs 44 minutes I've no idea.

Edale Skyline Results

Runner	Posn	Time	PB
Sam Williamson	80	3:36	
Simon Barnett	89	3:38	
Rick Ansell	92	3:40	
Michael Burgess	205	4:12	
Kirsty Barnett	273	4:34	
John Manning	320	4:54	
Brian Layton	335	5:17	

(Actually – when I scanned down the results searching for *Tring Running Club* I could not find any mention of Rick Ansell. However, there was someone with the same name running for *Dark Peak Fell Runners* – possibly the same person!)

Peter Hamson

Edale Skyline - A fell running novice's account (18 March 2007)

The signs were all there to see when Brian Layton and I arrived at the Edale Youth Hostel on Saturday evening. The weather report read:

How windy on hills? Gusts of 65mph

Temperatures? On High Peak, -1C but will feel -18C directly in wind chill

How wet? Heavy snow showers merging to give several hours of blizzards

Sunday dawned reasonably bright but as the 400 runners assembled for the 10.30 start there were snow squalls across the top of the valley. The bloke on the start line in ski goggles was another sure sign as was the compulsory kit check for full water- and wind-proof kit and the ominous presence in the car park of the mountain rescue team.

This was billed as a 21 mile run with 4500 feet of climb (and descent). The first mile, as I have now learned to be par for the course from my two fell races, was 1000ft straight uphill. The new feature here was that at the top (the prettily named checkpoint Ringing Roger) the wind was so fierce it was a case of hanging on with all limbs to avoid being blown off the crag. I lost the woolly hat to the wind here and was thankful I'd invested in a balaclava at the shop in the village hall.

The next three checkpoints seem to have a little joke to their names. Win, Hope and Lose. The first was at Win Hill, reached after about an hour, and I was feeling good. Yes, another exposed crag in the full force of the gale and snow but there was a nice man handing out flapjacks. The next checkpoint was in the village of Hope. The sun came out. Hope indeed. And then on to the next check, another 1000ft climb to Lose Hill. Losing the will to live was firmly coming to mind as the storm closed in again.

For most of the first 7 miles the wind was mainly behind. Now, having turned the corner and back on the top, the wind was full on from the front. The next bit proved to be a bit of a challenge, therefore, in two respects – avoiding being blown over and attempting to make forward progress. I found some pictures on the website afterwards and they confirmed most people were running at a 45 degree angle to the ground.

The halfway point at Mam Tor involved a cut off if you didn't get there in 2 hours 30 mins. I was secretly hoping I might miss the cut but no such luck and, as Kirsty came by me at this point, I decided to press on (to no avail in terms of keeping up with Kirsty as she finished 20 minutes ahead of me).

Another joke name for the next section – Rushup Edge. With a storm force gale in the face, there was not much rushing but it did go up. Again, there was a brief break in the snow and the view across Edale valley was spectacular.

Did I mention the pebble dashing? When I said snow it was, in fact, small hail stones. The sound effect was not unlike machine gun fire hammering into the hood of the cagoule which I was now pulling protectively across my face. This was neither great for visibility nor a smooth running style.

We were now about twelve miles in and the approach to Brown Knoll was exactly how Brian had described it to me on the way up – a bit like the moon. Featureless, peat bog and, if there was path, I didn't find it. Fortunately, I was in sight of other runners all the way round, most of whom seemed to know where they were going, so I didn't have to rely on my legendary navigation skills. I passed a

girl who seemed to be crying – I couldn't blame her. My hands had long since frozen and the puddles and knee-deep peat wasn't exactly warming my feet.

All way round, there were styles to climb, streams to jump/wade and rock strewn paths to stumble along. The most interesting obstacle was a barbed wire fence, helpfully marshalled, with a small aluminium ladder up one side but nothing on the other where the ground fell away. This was near a checkpoint called Jacob's Ladder – was this another little joke on the organisers part?

I'm not making up these landscape names – the final one was the most apt of all, Grindslow Knoll. My pace was definitely slow by now and something of a grind.

Thankfully, the end was approaching. A few precipitous cliffs had to be negotiated and then it was back to good old Ringing Roger. The descent to the finish was excruciatingly slow. How did someone manage to get down this in 6minutes when I took 16? My legs had turned to jelly and messages from my brain didn't seem to be getting through. All I could think of was, "Don't mangle your ankle, it's London in 4 weeks time".

The bowl of chilli and cup of hot tea at the village hall was fantastic. I looked at the early finisher results and figured that Rick, Sam, and Simon were probably half way back to Hertfordshire by now. Brian arrived back shortly after me looking remarkably perky.

Last impressions – a great turn out by Team Tring, Mike Burgess and Peter Hamson making up a team of eight. Spectacular scenery. An exhilarating feeling of being in the grip of nature in all its raw energy. A fantastic experience and great sense of achievement – in retrospect!

John Manning

Edale Skyline (Sam's view)

For once the weather forecast seemed worryingly accurate - blizzards and 60mph winds had been promised, with wind chills as low as minus 20 degrees - and as we trudged up Lose Hill along to Mam Tor in virtual white-out conditions we now felt the full force of what the weather had to throw at us. I was one of 8 Tring Running Club members who decided to tackle the Edale Skyline Fell Race - a classic horseshoe route around the Edale valley in the Derbyshire Peak District - 21 miles long with over 4500' of ascent. It was also the first English Fell Race Championship event of the year - guaranteeing a high quality field.

As the race progressed conditions only got worse with many runners retiring and others being pulled off the hills by local Mountain Rescue teams who were kept busy all day. The race was won by local man Lloyd Taggart in an outstanding time of 2hours 44minutes, although this was over 10 minutes slower than the previous year - testament to the atrocious conditions.

Out of 418 starters, 338 finished with 3 Tring runners in the top 100 places - not bad for a Southern-based club!

I'm sure most of us will be back next year to tackle the classic race once again - hopefully in somewhat kinder weather conditions.

Sam Williamson

The New Chew Mountain Orienteering.

At last the new fell running season is upon us and I can give up training. Not that I've managed to do much of what I wanted over the winter but at least now I don't have to worry about what I'm not doing. I can come home from work and have a cup of tea and eat a load of biscuits and say that it's either replacement for what I've lost over the weekend or carbo-loading for next weekend. I don't have to drag myself out into the rain and night to fail to power up and down the hill at Dudswell. The best I've managed this winter is a quivering wreck about two thirds of the way up. Is it age or something more serious?

The New Chew is the time you find out if you can still do it: 4 1/2 hours on the Saddleworth Moors to collect as many points as possible.

This year there was a lot of high point checkpoints in the northern part of the map so that seemed like a good place to start. I mopped those up in about two hours, rather quicker than expected and wondered what to do next. I was enjoying the running, trogging happily across the moorland. The original plan was to make my way pretty much straight back but I realised this would get me in rather too early and the food and tea might not be ready so I decided to add a sort of rounded square taking in four more checkpoints all with reasonable points values.

A relatively OK morning, breezy and overcast but clear and not too cold deteriorated into a rather less clement afternoon with a promised gale howling in, driving a thin, stinging drizzle before it. I cowered between two gritstone monoliths to fumble into cagoule hat and gloves. My hands were only just working well enough to punch my card at the checkpoint. A miserable slog slightly up hill into the wind across knee high tussocks was the nadir but the four checkpoints were collected and still there was time left. A 40 pointer tempted but would I get back from that? Too risky with three penalty points for every minute late. Unbeknown to me Steve took the opposite decision and paid the price of 22 penalty points. To be fair to him he was looking for a control on a "castle" and was looking for something with a moat and arrow slits rather than a prominent outcrop. The answer for me was a slight detour on my way back.

The wind got behind me but I was still chilled; I felt my wet tops sucking the warmth out of my body but suddenly I was over the crest of the moor and running down towards the scarpe edge and a 20 pointer. I punched and turned for home. Glancing at my watch I saw I still had 32 minutes available. Sod it! It's still too early to go back. I raced around the edge and dropped down for 10 more points. Had I overdone it? There were 12 minutes left to get back but it was downhill and then on a flat easy track and about 2 kms. Easy; two minutes to spare.

Results

- 1 Chris Near 570 Points
- 4 Rick Ansell 460 Points
- 5 Steve Long 448 Points
- 13 Brian Layton + Paul Eastwood 360 Points

Rick Ansell

The Wuthering Hike

It's not often that a 31 mile race is categorised as short.... But in the world of ultra running this one is. Montrail and Planet Fear have set up the second Ultra-Running Championship There are 12 events to go at with your best four to count but you need to do one at each distance, short medium and long plus one other. The longest is the 61 mile Fellsman in May...This was the first event of the year.

I've done the Wuthering Hike or Haworth Hobble as it used to be know (and still is by the old gits like me) for the last four or five years. Sandwiched between the New Chew and the Edale Skyline it makes a challenging triple for March. With the Chew on Sunday and this on Saturday there are only five days to recover but it usually seems to be enough.

This year there were a worrying number of fit young things milling about, looking very focussed. In the past a leading group has chatted along for the first ten miles or so and then slightly apologetically strung out. This year the front runners blew the field away and we were strung out by the time we reached Bronte Bridge less than a mile from the start. I was comfortably out of the top ten and resolved to remain comfortable. There wasn't much I could do about the top ten bit. The last ten miles of the race are very much more taxing than the first twenty and not everybody had done the race before....

It was a cold dismal day; the moors bleak and the wind against us for the first 10 miles; sapping. I felt content padding along. The route is very varied with lots of different types of terrain and no long boring slogs. A guy from Bingley came up and we ran together chatting for a while until he pulled away. I promised to see him on the climb up to Heptonstall and kept my promise. It's a long steep hill but on the road so runnable if you haven't overcooked it earlier. I dropped down to Horse Bridge catching a couple more guys who looked very stiff-legged. From here it's six miles to the end with five up hill. This is where the wheat is separated from the chaff. I cadged a drink of an elderly couple in a car and gritted my teeth. An acquaintance from Clayton-le-Moors called Martin set a pace and I clung on to him all the way to the final checkpoint where we caught four others, a seventh guy stormed in from behind. This wasn't going to be fun. Three miles and seven places to be fought for. I worked hard all the way up the hill and held my own but as we started the descent my legs turned to wood and I had no answer for the determined running of the others: chaff.

Still, a couple of minutes down on last year; it wasn't disastrous. There's still something there and more importantly I enjoyed my run. Five minutes quicker would have put me over the moon.

Results

1 Adam Break 3.43.24
14 Rick Ansell 4.24.30

285 started 234 Finished

Rick Ansell

New Google Group

As most of you know by now Steve Long has found an alternative to the old yahoo email group which we have been using with a limited amount of success for the past two years. This is the far superior **google group**. I would like to thank Steve for all the work he has done in setting this up.

Steve explains:-

The whole club is now on the new google email group. 75 email addresses.

What's all this about?

It makes a lot of sense to use email communication within the club, and an email group makes things easier than compiling and maintaining a list of addresses such as David H has been using recently in the absence of anything better. We have had a yahoo email group running for a few years but it never quite lived up to expectations. One of the main difficulties was actually getting people onto the group. The big advantage of google is that we can simply add people to the list. Of course, if you're not happy being on it you can unsubscribe.

Who is on the new google group? Everybody that has paid subs for 2007.

Know somebody who isn't on the group and wants to be? Maybe didn't submit an email address on the membership form? Just let me or one of the other group managers know and we'll put them on.

So everybody on the separate list of addresses that Dave and Maria have been using is now on the group - need only send one email now to reach the whole club: tringrunning@googlegroups.com

The old yahoo group has been closed down.

Below is an FAQ. It's been available on the group web page for a few days and any members making the effort to set up a google account may have seen it there. Might not be comprehensive yet, but it's a start. Any questions? Send to the group or email me off-group if you'd prefer.

Cheers Steve

[Tring Running] email group FAQ

How do I post?

Send a message to tringrunning@googlegroups.com

That's

tringrunning with no dots/hyphens/underscores/spaces/capitals
at **googlegroups** also with no dots/hyphens/underscores/spaces/capitals
dot **com**

Please try to keep the subject line relevant: Make sure there is one; if replying to an email but changing the subject then also change the subject line. This helps recipients decide whether to read your email, and helps with tracking of related emails on the group web page.

How do I reply to the author only, not the whole group?

Either read the author's email address from the email header, or if you go to the group web page and find the message there is a link to reply directly to the author. Be aware that if you just click on reply, your reply will go to the group.

How do I access the group web page?

Go to <http://groups.google.com/group/tringrunning?hl=en-GB>

You will need to set up a google account. Be sure to use the same email address you receive your [Tring Running] emails on.

Do I need to access the group web page?

Not necessarily. Not if you only want email participation, don't want to change your settings, and don't want to view any of the on-line content.

How do I leave the group?

Send a message to tringrunning-unsubscribe@googlegroups.com

How do I unsubscribe an old email address?

Send a message to tringrunning-unsubscribe@googlegroups.com

How do I change the way I receive messages?

Go to the group web page and you can choose to view on-line only, receive individual emails, or receive digests of various kinds.

How do I change the email address used by the group?

You need to get the new address put on the group. Either let the owner or one of the managers know, and they will put it on, or set up a google account and request to join from the group homepage.

Please unsubscribe any address you no longer want to use.

Can I have more than one email address on the group?

Yes, just get it put on or join it as described above.

Who are the administrators?

Owner: Steve Long

Managers: Alan Whelan, David Heron, Peter Hamson. They have the same powers as the owner.

Can I send attachments?

Yes. But it is preferable to upload files to the group homepage and notify the group it is there. If you feel you must send an attachment please check file size before sending. Not everybody has broadband. I suggest a limit of 250Kb. Be careful with digital photo's and graphics-heavy pdf files etc.

Steve Long

Tring Running Club

Extraordinary General Meeting

An Extraordinary General Meeting of Tring Running Club has been called by the committee (under rule 8 extraordinary meetings a) and will be held on Wednesday 4 April 2007 at 9:30pm at the Tring Park Cricket Club

Agenda

1. Apologies

2. Proposals regarding affiliation:

A. Body to which to affiliate:

It is proposed that Tring Running club will affiliate to England Athletics.

B. Individual affiliation fee for 2007:

It is proposed that for 2007 only, Tring Running club shall subsidise from subscriptions paid by 31 March 2007, or such appropriate date as individual affiliation fees are due to England Athletics the individual affiliation of members if they choose to be affiliated and provide the necessary additional information required for submission of individual membership data to England Athletics.

The membership secretary will be responsible for the collection of information and will make all possible efforts to ensure every member has the opportunity to be affiliated or not.

David Heron membership secretary

On behalf of the Secretary and committee of Tring Running club

21 March 2007