

Tring Runner

February 2008

Club Runs:

Every Wednesday

7:30 pm Running from Tring Cricket Club

Main Forthcoming Events

Saturday Feb 9th – Chiltern League CC – Wing (The last one of the season)

Sunday Feb 17th – Hardwick X-Stream

The 2nd of the 2008 off road championships. Near Aylesbury. About 6 miles, muddy

Saturday Feb 23rd – Breakfast Run

More details in newsletter

Sunday Feb 24th – Winslow Lions 10K

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

Sunday Mar 2nd - Berkhamsted half Marathon

Sunday Mar 2nd - Wendover gap LDWA Marathon - Prestwood Village Hall (This is not a race but a good day out. A good introduction to Long Distance Walker's Association events)

Sunday Mar 9th - Herts Veterans Cross Country Championships. (More details inside)

Thursday March 20th to March 24th Easter Lake District Trip – see Tony Ruberry

Sunday Mar 30th Edale Skyline Fell Race.

One of the more popular fell races for TRC.

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

Sunday 13th April – London Marathon followed by Annual Prize Giving in the evening

Newsletter contributions to **Peter Hamson** by Wednesday 27th February please.

Email: phamson@caci.co.uk

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And much more

Club Road Running Championships

I can now declare the winners of the 2008 club road running championships. In the ladies championships last year's winner, Edda Aitchison, had to fight hard to keep ahead of Michaela but in the end she did enough to retain her title. Edda certainly made considerable strides from last year; at one time I was recording PBs for Edda every month and in fact her improvement was enough to also earn her the 'Most improved runner' award. She improved on her last year's score of 68.94% to record 75.28% this year. Congratulations to

Edda Aitchison

On your fine achievement.

In the men's championships our usual winner, Colin Rees, did not take part but even he might have had difficulty in beating Sam Williamson's score. Even though he was injured for a large part of the year Sam still managed to pick up an exceptional score of 81.76%. Congratulations to

Sam Williamson

For a well deserved win. The most improved male runner's award went to

Geoff Dennis

Who improved his score from 59.68% to 65.27%. Congratulations Geoff.

Peter Hamson

VISIT OUR WEB SITE

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

Race Results

All road race results published here will count towards the club championships.

Fred Hughes 10 Miles (St Albans)

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Michaela Colwell	183	1:10:26	Y
Jonathan Smith	210	1:11:52	
Colin Rees	222	1:12:40	
Paul Cowan	224	1:12:34	
Richard White	373	1:19:39	
Nigel Kippax	471	1:23:07	
Oliver Gaunt	499	1:24:16	
David Heron	501	1:24:01	
Kim Reed	523	1:25:06	
Tony Hill	535	1:26:05	
Geoff Dennis	643	1:29:11	
Jane Porteous	717	1:33:12	
Frances Mills	810	1:39:34	
Mike Gaunt	846	1:42:55	

911 finished

The chip times have been taken, not the times from the gun, which explains the apparent discrepancies in the times and positions.

Special mention to Michaela for leading the club home in a PB, Colin for finishing 1st over 60 in the Herts County championships, David Heron for completing the event the day after running Box Hill, Oliver Gaunt for beating his Dad and Tony Hill for completing his longest run since having his pacemaker fitted.

Woodcode 10K

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Nigel Bunn	5	36:10	

451 finished.

Congratulations to Nigel who finished 2nd vet.

Nigel writes: This course is a good tough start to the year and, being very hilly for a road race is probably not one for a PB. After a flat start it is continually downhill for 3km to the halfway point (you might beat your 5k PB ! ; I did 16:28). Next comes the payback: 2.5k undulating, then 2.5k continually uphill. This year I was pleased with a time 1 minute quicker than last and a higher overall placing of 5th, but was piped into 2nd Vet place.

Race details are at

<http://www.avid81.dsl.pipex.com/gwd/10k08post.htm>

Wendover Woods

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Kevin Harding	14	33:01	
Sarah Hill	66	38:50	
Alison Harding	89	40:04	
Rebecca Harding	148	43:36	
Liz Daniel	207	48:41	
Cathy Court	215	49:05	

Box Hill Fell Race

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Nigel Bunn	4	55:14	
Kevin Harding	6	56:06	
Rick Ansell	19	62:36	
Sam Williamson	29	64:52	
John Manning	53	68:56	
Alison Harding	76	72:01	
Tony Ruberry	77	72:09	
Mandy Bon throne	110	78:06	
Peter Hamson	130	81:36	
David Heron	148	87:12	
Kev Buckingham	163	92:01	
Nigel Lacey	171	97:50	

This was the first event in the 2008 off-road championships and as usual there was a good turnout from Tring RC. Congratulations to Nigel, Kevin, Rick, Sam for winning the 1st team prize by a large margin. Also, congratulations to Nigel and Kevin for coming 2nd and 3rd vet and Alison for coming 3rd later vet.

Chiltern League Cross Country – Slough – Men

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Ross Langley	16	31:57	
Alan Whelan	22	32:28	
Rob Brown	45	34:38	
Trevor Lark	54	35:20	
Clive Cohen	65	36:44	
Nigel Lacey	109	44:22	

Chiltern League Cross Country – Slough – Ladies

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Kirsty Barnett	17	25:51	
Mandy Bon throne	27	27:39	

Louis Persoons Memorial marathon - Genk Belgium

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
David Heron	161	4:16:07	

194 finished

David writes: The course was 7 * 6k laps (+0.2 of course) round a recreational wooded area in Genk. You would think Belgium was flat, but the first 2k on each lap was a gentle climb, another race where there seems to be more uphill than downhill (how does that happen!). Only lapped twice by the first 3 finishers and once by a lot of the rest of the field. Mentally it was very strange - at start of lap 4 it seemed to be really tough then by lap 5 it was OK. Good refreshments at the end of each lap - water, coke (flat first 2 laps fizzy after that, not so good) banana, raisins, chocolate and some sort of loaf / cake. Weather was dry and clear and not too windy and cold.

Nigel Barge 10K - Glasgow

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
David Heron	167	49:01	

David writes: Something to do when in Glasgow on a wet windy afternoon on the first Saturday of the year. A two lap course round the grounds and surrounding roads of the Glasgow University Vet (not old runners) school. Funnily it starts and finishes at same point so why does there seem to be more uphill than downhill! (Scientific answers please). Pleased to lumber round in under 50 minutes. 250 finishers.

Breakfast Run

Having bobbed and weaved around the various important TRC calendar entries and also taking my hols into account, the next breakfast run is organised! Woohoo! I'm away till 17th Feb but do feel free to let me know if you can come and I apologise now for the Out of Office responses you will get, or just let me know after the 17th. The nice lady in the Tea Rooms says she may get someone in to help if there will be a lot of us. I said I'd let her know a few days in advance.

OK, here are the details:

Date: Saturday 23rd February 2008

Time: 08.00

Breakfast Location: Ivinghoe Tea Rooms, High Street, Ivinghoe (next to Vision Hairdressers)

<http://www.multimap.com/maps/?hloc=GB|ivinghoe#t=1&map=51.836,-0.62989|17|4&loc=:51.8352:-0.63089:17>

Parking: Park in Station Road by the green/playground round the corner on the B488 (heading towards Leighton Buzzard). There is a reasonable amount of parking on the wide kerb/footpath but aim to share cars if you can (it's also greener!).

The Run: Probably somewhere around 1 - 1hr 15 as usual, tortoises and gazelles welcome!

The Breakfast: Probably 9.30ish once we have all changed and sorted ourselves out. The menu includes bacon/sausage baguettes and there are lots of other choices, the usual café style food. Please do not expect a full fat-laden English, they don't serve them. Breakfast-only participants are welcome as are run-only participants!

Hope to see lots of you there!

Maria Cook

Herts Vets Cross Country Championships

This event is on Sunday March 9 at Letchworth. All races start at 11.00. There are competitions for Men & Women OVER 35. (not as one might think, 40)

Categories are:

W35 – 44	W45 – 54	W55 – 64	W65+	
M35 – 39	M40 – 49	M50 – 59	M60 – 69	M70+

There are three team prizes

M35 - 59	(4 to score)
M60 +	(3 to score)
W35 +	(3 to score)

M 60 + can score in M35 - 59 if there isn't a M60 team from the club. You can only score in one team, though. So Colin can't score in M60 + and M35 - 59.

All races start together.

W35 + and M60 + run 5,000m (probably one lap)

M35 - 59 run 10,000 (probably 2 laps).

I am aware that the event clashes with an English Fell Champs race (Black Coombe in the Lakes on Saturday). Entries are due on March 1. You need to qualify by either being born in Herts or having residence here.

If you would like to be entered please let me know

Rick Ansell

The Other Ridgeway Race

Over the August Bank Holiday (Aug 23rd-24th) the Trial Runners Association is holding its annual Ridgeway race from Ivinghoe Beacon to Overton Hill, a distance of 86 miles. The organisers rely on local clubs to man the checkpoints and in the past we have manned either one or both of the first two checkpoints, which are at Wendover and Whiteleaf Hill. Last year David and Gill Heron took on this responsibility. This year we have been asked to man the Wendover checkpoint. I realise it is the bank holiday weekend and people have other things planned but if anyone is willing to help please contact David Heron or myself. It may seem a long way away but the organiser is keen to find someone as soon as possible.

Also, for anyone wishing to participate in the event, the club will be offered one free place in recognition of the club's past contribution to its success.

Peter Hamson

London Marathon Coach

Once again Bearbrooke J C have been generous enough to invited Tring RC to share their London Bus. For those who do not know the Bus leaves Tring town centre early on marathon day and takes us close to the start in Greenwich Park, after the race the Bus will bring us back to Tring. Do not worry if you are a slower runner as plenty of time is allowed before the Bus departs from London. You can of course take the Bus to the start and make your own way home. We have 24 places and the cost is £10-50.

Will those members wishing to use the Bus please contact Colin Rees by e-mail or phone 01442 825324.

Colin Rees

Letters to the Editor

Dear Sir,

RACE ENTRIES

There seems to be an increasing number of TCC members using the race numbers of other members in races. You should consider that a race number is the means by which the race organisers can contact other people if you have an accident. So if Uncle Sam runs as John Bull and collapses then John Bull's telephone or email will be used to try to contact relatives.

Do TCC members think that it should be possible for all race organisers to change details for such contacts before the race, or else that runners should be encouraged to write this information on the back of their numbers.

Yours with respectful and humble sincerity,
JB

PS It has been said there are not enough letters to the editor.
A, B, C. Here are 3 more

Forrest Gump Trophy

Entries are invited for the 2007 Forrest Gump Award. This is awarded to the runner who has done the greatest number of competitive miles during the year. To enter just send me a summary of your events and mileage for last year. Any events may count as long as they are open events and they may include road, off-road, Fell races, Mountain Marathons or LDWA events. All entries will be recorded in the next newsletter.

This award is now in its third year – Brian Layton won the first two. Is anyone willing to challenge him this year?

Peter Hamson

Subscriptions are Due

Just a reminder that subscriptions for 2008 are now due.

Subs are:

- (a) Family members - husband and wife plus all children under 18 years on January 1st.
Subscription: £30.00.
- (b) Senior members - any person (other than family) over 18 years on January 1st.
Subscription: £18.00.
- (c) Junior members - any person (other than family) under 18 years on January 1st.
Subscription: £3.00.
- (d) Unemployed - any person unemployed on January 1st.
Subscription to be at the discretion of the committee.

In addition English Athletic affiliation (for year 1 April 2008 31 March 2008) is £5 per athlete to be paid with subscriptions.

So total subs are:

Single £18 plus £5 = £23 (or £18 if do not choose to affiliate)
Family £30 plus £5 per affiliated runner
Junior £3 plus £5 = £8 (or £3 if do not choose to affiliate)
Unemployed To be determined on an individual basis by the committee. (If you so desire please send a letter to me for consideration by the committee).

Please inform me of any changes of address, telephone number or emails etc since you last completed membership details.

It is unlikely I will be around much until the weather improves (gets warmer) so I would prefer it if you sent a cheque payable to Tring Running Club to:-

David Heron
17 Bishops Field
Aston Clinton
Bucks
HP22 5BB

Alternatively you can pay Richard White on a Wednesday evening.

David Heron

Events Diary - 2008

<i>DAY</i>	<i>DATE</i>	<i>EVENT</i>
Sunday	Jan 6th	Herts Cross Country Championships
Saturday	Jan 12 th	Chiltern League Cross Country – Slough
Thursday	Jan 17 th	Tring Brewery Trip
Saturday	Jan 19 th	Box Hill Fell Race
Sunday	Jan 20 th	Fred Hughes 10 mile road race – St. Albans
Sunday	Feb 3 rd	Watford half marathon
Saturday	Feb 9 th	Chiltern League Cross Country – Wing
Sunday	Feb 17 th	Hardwick Cross Country
Tuesday	Feb 19 th	Committee meeting (Halton – sergeant’s mess)
Saturday	Feb 23 th	Breakfast run (Ivinghoe tea rooms)
Sunday	Feb 24th	Winslow Lions 10K
Sunday	Mar 2 nd	Berkhamsted half Marathon
Sunday	Mar 2 nd	Wendover gap LDWA Marathon
Sunday	Mar 2 nd	Milton Keynes Half Marathon
Wednesday	Mar 5 th	Rick’s Winter Relays
Sunday	Mar 9 th	Herts Veterans Cross Country Championships
Thursday	Mar 20 th – Mar 24th	Easter Lake District Trip
Friday	Mar 21 st	Maidenhead Easter 10 mile road race
Wednesday	Mar 26 th	Predicta run (TBC)
Sunday	Mar 30 th	Edale Skyline Fell Race
Sunday	Apr 13 th	London Marathon / Annual Prize Giving
Saturday	Apr 26 th	3 Peaks Fell Race
Monday	May 5 th	Pednor 5 mile road race
Sunday	May 11 th	Halstead Marathon
Wednesday	May 14 th	Invitation Evening
Wednesday	June 4 th	Pub Run to Cholesbury
Wednesday	June 18 th	Midsummer Fun Run
Wednesday	July 9 th	Rick’s Tring Park Relays
Sunday	July 20 th	Fairlands Valley Challenge (off-road marathon)
Wednesday	July 30 th	Mike Gaunt’s Hash
Sunday	Oct 12 th	Ridgeway Race
Saturday	Oct 13 th	FRA Relays (North Wales)
Saturday	Oct 25th	Beachy Head Marathon
Sunday	Nov 23 rd	Brenda Barlow Handicap
Wednesday	Nov 26 th	!!!!!!!!!!!!!! AGM !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

The colour coding is as follows:

- Red dates are club runs / events
- Blue dates are basically social events
- Green dates are off-road championship races
- Black dates are other races

Ricks races

Some dates from my diary.

- 9 Feb Chiltern League Cross Country, Wing (last one)
- 17 Feb Hardwick Cross Country (off Road Champs)

- 2 Mar New Chew (Moorland orienteering)
- 8 Mar Black Coombe 8 miles/3,400' English Champs, Lakes)
- 9 Mar Herts Vets Cross Country Champs, Letchworth
- 22 Mar Manx Mountain Marathon (31 miles/8,000') IoM
- 30 Mar Edale Skyline (21 miles/4,500', Peak Dist)

- 26 Apr Three Peaks (World Mountain Long Distance Champs, 24 miles/4,500', Yorks Dales)

- 2/4/5 May Great Lakes 3 Day (100 mountain miles over 3 days)
- 5 May Pednor 5
- 6 May Fellsman Hike (61 miles/11,000', Yorks Dales)
- 17 May Old County Tops (pairs event 37 miles/11,000'. Lakes)
- 17 May Fairfield 9 miles/3,000' Lakes)
- 31 May Duddon (18 miles/6,000' Lakes)

- 7 Jun Welsh 1,000m (N Wales)
- 7/8 Jun LAMM (Scotland)
- 14 Jun Ennerdale (23 miles/6,500' Lakes)
- 28 Jun Blackstone Edge (3.5 miles/1,200' Pennines, Eng/Brit Champs)

- 5/6 Jul SLMM (Lakes)
- 12 Jul Wasdale 21 miles/9,000' (Lakes)
- 12 Jul Lyke Wake Race 40 miles N Yorks Moors)
- 19/20 Jul Capricorn (2 day mountain orienteering)

- 2 Aug Borrwdale (17 miles/6,500' Lakes Eng Champs)
- 16/17 Aug Phoenix (2 day mountain orienteering, Cheviots)
- 16 Aug Brecon Beacons (21 miles/4,500' S Wales)

- 14 Sept Mountain Trial (mountain orienteering, Lakes)
- 20 Sept Three Shires (13 miles/4,000', Lakes)
- 27 Sept Black Mountains (17 miles/5,200' S Wales)
- 27/28 Sept Rab Mountain Marathon (Lakes)

- 5 Oct Ian Hodgson Relays (Lakes)
- 11 Oct Rhinog Horsehoe (15 miles/5,200', N. Wales)
- 11 Oct Langdale (14 miles/4,000', Lakes)
- 19 Oct British Fell Relays (N. Wales)
- 25/26 Oct OMM (Mountain Marathon)

Trail Races and LDWA events

Several members of TRC take part in various trail races and Long Distance Walker's Association events. These are all off-road events of 26 – 100 miles, but some do have a shorter option included. LDWA events are primarily for walkers but most of them also accept runners. They are non-competitive events but are always very friendly and make a good training run or just a good day out. The most popular of these are:-

Sun Jan 13 th	Winter Tanners Marathon	30 miles over the Surrey Hills
Sun Feb 10 th	Punchbowl Marathon	30 miles over the Surrey Hills
Sun Mar 2 nd	Wendover Gap	26 miles - A local event and a good introduction To LDWA events
Sun Mar 16 th	Sevenoaks Circular	30 miles around Sevenoaks
Sat Mar 22 nd	Compton 40	40 or 20 mile trail race – Berks/Oxon
Sat-Sun Mar 29-30	Surrey Tops	50 miles over the Surrey Hills
Sat Apr 12	Calderdale Hike	36 miles along Pennine Way and Calderdale Way
Sat-Sun Apr 26-17	Wellington Boot	100K around the Quantocks in Somerset
Sat May 3 rd	Oxon 40/20	40 or 20 miles around the Chilterns from Henley
Sat-Mon May 24-26	Yoredale 100	The LDWA's flagship event - 100 miles and 12,000 ft of ascent from Skipton, Yorkshire
Sun Jun 29 th	Hertfordshire Hobble	26 miles around Hertfordshire from Buntingford
Sun Jul 6 th	Summer Tanners Marathon	30 miles over the Surrey Hills
Sun Jul 20 th	Fairlands Valley marathon	26 mile challenge event from Stevenage
Sat Jul 12 th	Lyke Wake Race	41 miles across the North York Moors
Sat-Sun Aug 23-24 th	Ridgeway Trail Race	86 miles from Ivinghoe Beacon to Overton Hill (Mentioned elsewhere in this newsletter)
Sat Sep 20 th	High Peak 40	40 mile trail race from Buxton around the Peak District

Peter Hamson

Road Championships 2008

In the road race championships you must complete at least four races over three of the following distances:- 5K, 5 miles, 10K, 10 miles, half and full marathon. For each race you receive a percentage score based on your finishing time and age. The theory is that to receive a score of 100% you would need to equal the world best time for your age. Although world best times are only recorded for five year age bands these times are interpolated to give times for each year. The average percentage for your best four races is then taken. Currently the world best times used for the calculations are out of date and it is hoped to update the base times with the latest available data for the 2008 season.

The winners are declared on the front page but listed below are the detailed results for each individual's races.

Thanks once again to Tony Hill for updating the spreadsheet. Hopefully all results have been included – let me know if any have been missed.

Lady's results		(As at 31st Dec 2007)	
Name	Percentage	Position	
Edda Aitchison	75.28%	1	
Michaela Colwell	73.07%	2	
Kirsty Barnett	67.67%	3	
Mandy Bonthorne	66.18%	4	
Gill Heron	64.03%	5	
Beth Dennis	63.85%	6	
Kim Reed	63.08%	7	
Elise Aitchison	61.41%	8	
Liz Daniel	60.34%	9	
Nikki Burgess	59.40%	10	
Frances Mills	55.92%	11	
Anna Scarth	53.89%	12	
Pam Burley	42.81%	13	

Men's Results		(As at 31st Dec 2007)	
Name	Percentage	Position	
Sam Williamson	81.76%	1	
Nigel Bunn	79.66%	2	
Alan Whelan	78.22%	3	
John Manning	75.95%	4	
Richard White	70.59%	5	
David Heron	68.41%	6	
Geoff Dennis	65.27%	7	
Geoff Roser	55.25%	8	
Mike Gaunt	49.77%	9	

Full individual results

Name	Race in 2007	Distance	Time	%
Alan Whelan	Berkhamsted	H-Mar	1:23:20	76.11%
Alan Whelan	Silverstone	H-Mar	1:25:02	74.59%
Alan Whelan	Bramley	10m	0:59:35	79.69%
Alan Whelan	Herts Vets County	10km	0:35:49	80.24%
Alan Whelan	St Albans	10km	0:37:24	76.84%
Alison Harding	Waddesdon Manor	5km	0:21:26	75.40%
Anna Scarth	London	Mar	5:21:27	42.93%
Anna Scarth	Watford	H-Mar	1:54:19	57.69%
Anna Scarth	Milton Keynes	H-Mar	1:57:27	56.15%
Anna Scarth	Berkhamsted	H-Mar	2:02:09	53.99%
Anna Scarth	St Albans	10m	1:24:01	58.78%
Beth Dennis	London	Mar	5:32:55	50.93%
Beth Dennis	Bristol	H-Mar	2:11:52	62.41%
Beth Dennis	Berkhamsted	H-Mar	2:18:18	59.51%
Beth Dennis	Pednor	5m	0:46:01	64.51%
Beth Dennis	Leighton Buzzard	10m	1:38:16	62.71%
Beth Dennis	Princes Risborough	10km	0:56:59	65.43%
Beth Dennis	Chinnor	10km	0:59:26	62.74%
Bill Salkeld	London	Mar	4:56:41	49.46%
Bob Ford	Silverstone	H-Mar	1:54:45	58.40%
Callum Bonthorne	Pednor	5m	0:41:42	53.49%
Cathy Court	Leighton Buzzard Bypass	5m	0:42:39	60.39%
Cathy Court	Bearbrook	10km	1:00:58	53.07%
Cathy Court	Chinnor	10km	1:01:39	52.48%
Clive Cohen	Pednor	5m	0:34:16	71.01%
Colin Rees	St Albans	H-Mar	1:37:25	78.36%
Colin Rees	St Albans	10m	1:14:49	76.39%
Dave Cary	Berkhamsted	5m	0:43:10	55.19%
Dave Jones	Berkhamsted	H-Mar	1:53:42	58.10%
David Heron	Shakespeare	Mar	3:57:09	60.76%
David Heron	Halstead	Mar	3:58:44	60.35%
David Heron	Duchy	Mar	4:02:30	59.42%
David Heron	Bungay	Mar	4:18:00	55.85%
David Heron	Cornish	Mar	4:26:10	54.13%
David Heron	Lochaber	Mar	4:33:30	52.68%
David Heron	Dartmoor Vale	Mar	4:54:06	48.99%
David Heron	Berkhamsted	H-Mar	1:47:58	64.65%
David Heron	Burnham Beeches	H-Mar	1:59:59	58.18%
David Heron	Wolverton	5m	0:37:28	67.19%
David Heron	Pednor	5m	0:38:17	65.76%
David Heron	Charndon	5km	0:22:11	68.63%
David Heron	Maidenhead	10m	1:15:22	69.35%
David Heron	St Albans	10m	1:26:09	60.67%
David Heron	Silverstone	10km	0:46:10	68.49%
David Heron	Bearbrook	10km	0:49:55	63.35%
Edda Aitchison	London	Mar	5:00:19	57.69%
Edda Aitchison	Watford	H-Mar	1:55:27	72.85%
Edda Aitchison	Berkhamsted	H-Mar	2:03:34	68.06%
Edda Aitchison	Wolverton	5m	0:38:59	77.81%
Edda Aitchison	Chick's Chase - III	5km	0:24:27	74.91%
Edda Aitchison	Chick's Chase - II	5km	0:24:43	74.11%
Edda Aitchison	Chick's Chase	5km	0:25:06	72.97%
Edda Aitchison	St Albans	10m	1:26:32	72.77%
Edda Aitchison	Bearbrook	10km	0:51:17	74.29%
Edda Aitchison	Watford	10km	0:52:00	73.27%
Elise Aitchison	London	Mar	5:00:19	47.32%
Elise Aitchison	Berkhamsted	H-Mar	1:53:43	60.64%
Elise Aitchison	Chick's Chase - III	5km	0:24:18	61.82%
Elise Aitchison	Chick's Chase - II	5km	0:24:31	61.28%
Elise Aitchison	Chick's Chase	5km	0:24:54	60.33%
Elise Aitchison	Bearbrook	10km	0:50:28	61.91%

Emily Roads	Leighton Buzzard Bypass	5m	0:42:24	55.70%
Frances Mills	Shakespeare	Mar	4:55:50	50.84%
Frances Mills	Watford	H-Mar	2:09:32	56.34%
Frances Mills	Berkhamsted	H-Mar	2:10:37	55.88%
Frances Mills	Marlow	H-Mar	2:12:59	54.88%
Frances Mills	Milton Keynes	H-Mar	2:14:54	54.10%
Frances Mills	St Albans	10m	1:35:45	57.08%
Frances Mills	Thame	10km	1:00:47	54.40%
Gemma Wright	London	Mar	5:00:07	45.98%
Geoff Dennis	Shakespeare	Mar	5:06:29	51.95%
Geoff Dennis	Berkhamsted	H-Mar	1:59:57	64.31%
Geoff Dennis	Bristol	H-Mar	2:07:55	60.31%
Geoff Dennis	Watford	H-Mar	2:08:51	59.87%
Geoff Dennis	Pednor	5m	0:42:13	65.87%
Geoff Dennis	Leighton Buzzard	10m	1:30:47	63.62%
Geoff Dennis	St Albans	10m	1:35:16	60.63%
Geoff Dennis	St Albans	10km	0:52:38	66.38%
Geoff Dennis	Chinnor	10km	0:54:09	64.52%
Geoff Dennis	Princes Risborough	10km	0:54:13	64.44%
Geoff Roser	Milton Keynes	H-Mar	2:24:23	51.19%
Geoff Roser	Pednor	5m	0:46:59	56.69%
Geoff Roser	Waddesdon Manor	5km	0:29:07	55.35%
Geoff Roser	Bearbrook	10km	0:57:59	57.75%
Gill Heron	Lochaber	Mar	4:53:28	53.32%
Gill Heron	Berkhamsted	H-Mar	2:07:50	59.41%
Gill Heron	Leighton Buzzard Bypass	5m	0:42:30	64.47%
Gill Heron	Pednor	5m	0:45:23	60.37%
Gill Heron	Chicks Chase III	5km	0:25:29	64.94%
Gill Heron	Charndon	5km	0:26:27	62.57%
Gill Heron	Chicks Chase II	5km	0:26:30	62.45%
Gill Heron	Charndon	5km	0:26:34	62.30%
Gill Heron	Waddesdon Manor	5km	0:27:12	60.85%
Gill Heron	St Albans	10m	1:32:57	61.18%
Gill Heron	Bearbrook	10km	0:53:40	64.13%
Gill Heron	Silverstone	10km	0:55:09	62.41%
Gill Heron	Thame	10km	0:57:50	59.51%
Henry Keighley Elstub	Rotterdam	Mar	3:14:39	64.78%
Henry Keighley-Elstub	Amsterdam	Mar	3:00:25	69.89%
Henry Keighley-Elstub	Silverstone	10km	0:38:13	72.44%
Hilary Warrell	Chinnor	H-Mar	1:50:06	59.90%
Ian Verchere	Berkhamsted	5m	0:58:08	50.63%
Jane Porteous	Pednor	5m	0:43:27	60.57%
Jane Porteous	Princes Risborough	10km	0:55:07	59.99%
Jane Porteous	Bearbrook	10km	0:55:39	59.42%
Jane Porteous	Chinnor	10km	0:57:42	57.31%
Janet Reeve	Berkhamsted	5m	0:49:24	53.71%
Jevon O'Neill	London	Mar	3:38:42	61.06%
Jevon O'Neill	Watford	H-Mar	1:34:49	68.23%
Jim Sinton	Milton Keynes	H-Mar	1:27:58	73.06%
Jim Sinton	St Albans	10m	1:04:41	74.39%
John Manning	London	Mar	3:47:44	62.74%
John Manning	Watford	H-Mar	1:30:43	76.31%
John Manning	Berkhamsted	H-Mar	1:31:13	75.89%
John Manning	Pednor	5m	0:33:04	75.49%
John Manning	Thame	10km	0:41:12	76.11%
Jon Scullard	London	Mar	3:46:24	56.40%
Jon Scullard	Berkhamsted	H-Mar	1:30:48	68.13%
Jonathan Smith	Berkhamsted	H-Mar	1:39:56	61.14%
Jonathan Smith	Pednor	5m	0:35:15	62.51%
Jonathan Smith	Whipsnade	10km	0:43:42	63.35%
Kevin Harding	Waddesdon Manor	5km	0:17:43	81.32%
Kim Reed	Shakespeare	Mar	4:07:42	59.85%
Kim Reed	Berkhamsted	H-Mar	1:55:43	62.17%
Kim Reed	Milton Keynes	H-Mar	1:58:45	60.58%
Kim Reed	Marlow	H-Mar	2:01:18	59.30%

Kim Reed	Pednor	5m	0:41:31	62.49%
Kim Reed	Waddesdon Manor	5km	0:25:23	61.75%
Kim Reed	St Albans	10m	1:24:59	63.38%
Kim Reed	Maidenhead	10m	1:25:18	63.15%
Kim Reed	Princes Risborough	10km	0:51:29	63.31%
Kim Reed	Chinnor	10km	0:54:46	59.51%
Kirsty Barnett	London	Mar	3:29:42	66.22%
Kirsty Barnett	Watford	H-Mar	1:35:17	70.08%
Kirsty Barnett	Berkhamsted	H-Mar	1:38:37	67.71%
Kirsty Barnett	Pednor	5m	0:35:59	66.65%
Liz Daniel	Watford	H-Mar	1:56:00	62.47%
Liz Daniel	Berkhamsted	H-Mar	1:58:48	60.99%
Liz Daniel	Leighton Buzzard Bypass	5m	0:42:49	61.03%
Liz Daniel	Chinnor	10km	0:57:43	56.88%
Louise Berry	Berkhamsted	H-Mar	1:53:54	59.72%
Luke Delderfield	Loch Ness	Mar	2:58:29	69.66%
Luke Delderfield	London	Mar	3:04:22	67.44%
Luke Delderfield	Watford	H-Mar	1:21:06	73.26%
Mandy Bonthorne	Watford	H-Mar	1:52:12	64.58%
Mandy Bonthorne	Chinnor	H-Mar	1:53:34	63.80%
Mandy Bonthorne	Pednor	5m	0:38:26	67.99%
Mandy Bonthorne	Sandy	10m	1:19:24	68.33%
Maria Cook	Berkhamsted	H-Mar	1:55:33	62.71%
Maria Cook	Milton Keynes	H-Mar	1:58:07	61.35%
Maria Cook	St Albans	10m	1:19:33	68.20%
Michael Lamb	London	Mar	4:46:05	44.35%
Michaela Colwell	Halstead	Mar	3:41:20	65.52%
Michaela Colwell	Berkhamsted	H-Mar	1:35:40	73.55%
Michaela Colwell	Watford	H-Mar	1:38:03	71.77%
Michaela Colwell	Sheffield	H-Mar	1:39:04	71.03%
Michaela Colwell	St Albans	H-Mar	1:43:55	67.71%
Michaela Colwell	Leighton Buzzard Bypass	5m	0:34:41	73.19%
Michaela Colwell	Sandy	10m	1:11:25	73.77%
Michaela Colwell	St Albans	10m	1:14:49	70.42%
Mike Burgess	Pednor	5m	0:30:09	78.45%
Mike Burgess	Chalfont St Giles	10km	0:39:48	74.66%
Mike Gaunt	London	Mar	5:42:13	42.88%
Mike Gaunt	Watford	H-Mar	2:33:27	46.33%
Mike Gaunt	Berkhamsted	H-Mar	2:35:14	45.80%
Mike Gaunt	St Albans	10m	1:42:53	51.73%
Mike Gaunt	Leighton Buzzard	10m	1:44:36	50.89%
Mike Gaunt	St Albans	10km	1:04:13	50.15%
Nicola Lewarne	Berkhamsted	H-Mar	1:57:43	59.78%
Nicola Richmond	London	Mar	6:00:00	40.28%
Nicola Richmond	Watford	H-Mar	2:38:00	44.54%
Nicola Richmond	St Albans	10m	1:59:50	43.96%
Nigel Bunn	Didcot	5m	0:28:32	80.69%
Nigel Bunn	Waddesdon Manor	5km	0:17:33	78.69%
Nigel Bunn	Thame	10km	0:36:19	79.66%
Nigel Bunn	Headington	10km	0:36:21	79.59%
Nigel Kippax	Berkhamsted	H-Mar	1:44:20	64.68%
Nigel Kippax	Watford	H-Mar	1:57:59	57.20%
Nigel Kippax	Pednor	5m	0:38:29	63.23%
Nigel Lacey	Pednor	5m	0:40:52	61.08%
Nigel Lacey	Chinnor	10km	0:54:54	57.12%
Nigel Millwood	London	Mar	5:21:27	38.90%
Nigel Millwood	Berkhamsted	H-Mar	2:02:22	49.11%
Nikki Burgess	London	Mar	4:41:47	51.85%
Nikki Burgess	Liverpool	H-Mar	1:53:22	62.53%
Nikki Burgess	Milton Keynes	H-Mar	1:59:31	59.31%
Nikki Burgess	Marlow	5m	00:40:00	63.93%
Nikki Burgess	Watford	H-Mar	1:52:28	63.03%
Pam Burley	London	Mar	5:42:13	40.58%
Pam Burley	Berkhamsted	H-Mar	2:50:39	39.13%
Pam Burley	Leighton Buzzard	10m	1:52:11	44.57%

Pam Burley	St Albans	10m	1:57:21	42.61%
Pam Burley	St Albans	10km	1:09:36	43.47%
Paul Cowan	Berkhamsted	H-Mar	1:39:11	65.23%
Paul Cowan	Pednor	5m	0:34:26	67.75%
Paul Cowan	Leighton Buzzard	10m	1:14:53	64.68%
Paul Dennis	Bristol	H-Mar	1:52:45	52.70%
Paul Stoten	Waddesdon Manor	5km	0:25:04	58.71%
Peter Alford	Bearbrook	10km	0:47:21	68.01%
Peter Hamson	London	Mar	4:18:26	58.47%
Peter Hamson	Luton	Mar	4:21:06	57.87%
Peter Hamson	Watford	H-Mar	1:46:52	68.51%
Peter Pollman	Bearbrook	10km	0:51:33	52.21%
Rebecca Harding	Waddesdon Manor	5km	0:22:58	62.55%
Richard White	Silverstone	H-Mar	1:40:18	69.02%
Richard White	Berkhamsted	H-Mar	1:41:56	67.91%
Richard White	Watford	H-Mar	1:42:51	67.31%
Richard White	Chinnor	H-Mar	2:00:29	57.45%
Richard White	Portsmouth	5m	0:35:54	69.54%
Richard White	Serpentine	5km	00:21:22	70.66%
Richard White	Sandy	10m	1:14:41	69.40%
Richard White	Fleetwood	10m	1:15:30	68.65%
Richard White	St Albans	10m	1:18:07	66.35%
Richard White	Silverstone	10km	0:43:05	72.78%
Rick Ansell	Pednor	5m	0:30:29	78.15%
Rob Brown	Chalfont St Giles	10km	0:42:17	71.79%
Robert Pinfield	Milton Keynes	H-Mar	1:42:29	62.30%
Robert Pinfield	St Albans	10m	1:13:08	65.36%
Sam Williamson	London	Mar	2:47:20	79.80%
Sam Williamson	Milton Keynes	H-Mar	1:17:58	82.98%
Sam Williamson	Watford	H-Mar	1:19:11	81.70%
Sam Williamson	Maidenhead	10m	0:58:39	82.58%
Sarah Hunter	Silverstone	H-Mar	1:45:49	64.72%
Sarah Hunter	Berkhamsted	H-Mar	1:52:20	60.97%
Simon Barnett	London	Mar	3:37:26	57.18%
Simon Barnett	Watford	H-Mar	1:24:24	70.40%
Simon Barnett	Pednor	5m	0:31:30	67.99%
Tom Griffin	London	Mar	3:43:24	67.64%
Tony Hill	Watford	H-Mar	1:49:31	65.56%
Tony Ruberry	Berkhamsted	H-Mar	1:31:17	73.93%
Tony Ruberry	Pednor	5m	0:32:22	75.18%
Tony Ruberry	Serpentine	5km	0:19:19	76.19%
Verna Burgess	Berkhamsted	H-Mar	1:55:03	60.34%
Verna Burgess	Watford	H-Mar	1:55:10	60.28%