

Tring Runner

March 2008

Club Runs:
Every Wednesday
7:30 pm Running from Tring Cricket Club

Main Forthcoming Events

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)

Wednesday March 5th Rick's Winter Relays
Meet at the club – normal time.

Sunday Mar 9th Herts Vets Cross Country Championships.

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

Wednesday March 26th Predicta Run.
Run the Bell Loop and Predict your time.

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

Sunday Apr 20th – Aldbury Cross Country 5 miles Part of the off road championships
Entry forms available on TringRC website

Saturday Apr 26th Yorkshire Three Peaks Fell Race. One of the classic fell races.

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

Email: phamson@caci.co.uk

Contents

Page 4: Cross Country Championships

Page 7: Lake District Trip

And much more

Club Cross Country Championships

Our team captains Nigel and Mandy would like to thank all those who ran in the Chiltern League cross country races. Representing our club should be something we all feel proud of, especially when we come together for the League events. Also, if you who thought about running but did not for one reason or another, there is always next year's League to aim for. Ladies please consider taking part - everyone is needed.

The Club Cross Championship is awarded to the runner with the best overall performance over the season and the winners are:-

Ross Langley

In the Men's championships and :-

Mandy Bonthrone

In the Lady's championships.

Congratulations to you both.

Also, well done to Ross, Mandy and Nigel Lacey for completing all five of the events. Finally, Bryony Harding also deserves a special mention for being our only runner in the girls under 15 category. Unfortunately, we don't have an award for this category. Full results can be found later in this newsletter.

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.

Watford Half Marathon

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Simon Barnett	53	1:22:16	Y
John Manning	269	1:33:27	
Michaela Colwell	295	1:34:13	Y
Colin Rees	395	1:37:08	
Tom Griffin	396	1:37:09	
Jonathon Smith	409	1:37:12	
Rob Pinfield	498	1:39:13	
Kirsty Barnett	589	1:41:36	
Peter Hamson	832	1:47:01	
Verna Burgess	893	1:47:16	Y
Nigel Kippax	934	1:47:37	
Tony Hill	1027	1:51:01	
Kim Reed	1069	1:51:45	
Oliver Gaunt	1078	1:51:51	
Bob Ford	1217	1:55:24	
David Jones	1249	1:55:44	
Jane Porteous	1443	1:59:48	
Elizabeth Daniel	1553	2:03:26	
Gill Heron	1763	2:12:09	
Frances Mills	1773	2:12:38	
Mike Gaunt	1902	2:23:46	

Another good turnout from TRC.

John Manning wrote: It was pretty damn cold when the wind blew at the Watford Half today but there were patches of sunshine and sheltered spots were warmer.

This made kit selection a challenge (thermal top and gloves for me) so my respect goes to all those running in just vests or tee shirts.

The wind was also a challenge to the pace in places but that didn't stop PB performances from Simon and Michaela.

Verna also posted an excellent time and a PB.

Bury St Edmunds 20

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Anna Scarth	307	3:10:47	Y

398 ran

Anna writes: Was a pb by 10 minutes on my time set on the same course in 2005 & 15 minutes quicker than last year. I'm exhausted!!

Chiltern League Cross Country – Wing - Men

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Kevin Harding	7	34.26	
Ross Langley	13	35.31	
Simon Barnett	23	37.13	
Alan Whelan	29	37.58	
Rob Brown	45	40.22	
John Manning	46	40.34	
Trevor Lark	48	40.52	
Jonathan Smith	62	42.22	
Tom Rubery	71	43.17	
Clive Cohen	72	43.25	
Callum Bonthron	77	43.53	
David Heron	101	49.54	
Nigel Lacey	104	51.22	

Chiltern League Cross Country – Wing - Ladies

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Michaela Colwell	5	25.08	
Alison Harding	7	26.04	
Kirsty Barnett	12	27.01	
Mandy Bonthron	19	28.35	
Jane Porteous	26	31.23	

Chiltern League Cross Country – Wing – Under 15 Girls

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Bryony Harding	14	15:25	

This was the final event of the Chiltern League Cross Country. Congratulations to the ladies who were the first veteran's team. Details of the club cross country championship results are in this newsletter.

Hardwick Cross Stream

Runner	Posn	Time	PB
Kevin Harding	8	35:50	
Ross Langley	15	37:52	
Rick Ansell	27	39:47	
Robert Brown	31	40:31	
Trevor Lark	34	40:59	
Alison Harding	70	44:36	
Callum Bonthrone	104	47:24	
Mandy Bonthrone	119	49:13	
Brian Layton	134	50:51	
Peter Alford	145	51:51	
Sofie Cole	150	52:18	
Nigel Lacey	181	54:27	

186 finished

This was the second event in the off-road championships.

Congratulations to Alison for coming 3rd lady and 1st V45 and Mandy who was 2nd V45. Also congratulations to Kevin who was 3rd V40.

Tanners Marathon(30 miles)

Runner	Posn	Time	PB
Peter Hamson	7	6:19	

TRC member John Harrison also completed the 30 mile route.

Punchbowl Marathon(30 miles)

Runner	Posn	Time	PB
Colin Rees		5:38	
Tom Griffin		5:38	
Peter Hamson		5:39	
Tony Hill		5:43	
David Heron		7:37	

Punchbowl Marathon(20 miles)

Runner	Posn	Time	PB
Brian Layton		4:32	

The Tanners and Punchbowl marathons are off road events over the Surrey hills organised by the Long Distance Walkers Association but one which attracts a fair number of runners.

The Tanners has minimal support and starts and finishes in the main car park in Leatherhead. The event followed several days of rain which ensured the going was soft underfoot, to say the least. However, in spite of the weather forecast, it was dry on the day.

Unlike the Tanners the Punchbowl marathon has a plentiful supply of food and drink at the checkpoints and a meal and showers await you at the finish. I always find it easier to persuade people to do the Punchbowl! The weather was perfect for this event, with clear blue skies and stunning views. An excellent event and one not to be missed.

Constitution Working Party

As I mentioned last night, at a committee meeting earlier this week it was agreed to set up a Working Party, to look at our Club Constitution. John Manning and I will represent the committee on this group, which will be chaired by Tony Hill.

The initial activities of the Working Party will include a review of the aims of the Club and its distinctive culture. This analysis will form the backdrop for the more detailed work on the Constitution itself.

The Committee is very keen that the Working Party fully represents the diversity of experience within the Club, and so please contact Tony (email:- tonyhill26@waitrose.com) if you would like to be a Working Party member or have any particular thoughts or comments.

Jonathan Mulcahay

Garmin Corner

I just had a fright with my Garmin and thought I'd pass on this Harry Potter like Wizard tip from their customer support. My problem was:-

- My unit was dead; it wouldn't turn on or charge.

Their solution was:-

- Press Power, Mode and Lap/reset simultaneously for 15 seconds then release. After 5 seconds the unit should come back to life.

Obvious really.

Apparently it's a common problem.

Jevon O'Neill

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

Predicta Run – March 26th

The Predicta run is a run of the Bell Loop (Approximately 8.1 miles) without wearing a watch, and predicting how long it will take you. The winner is the person closest to their prediction. This was last run two years ago when the winner was Mandy Bonthron who was within 4 seconds of her predicted time. Those not wanting to run as far as the Bell Loop can ran to the Rising Sun and back.

Peter Hamson

Club Cross-Country Championship Results

The club Cross-country championships are based on the results of the five Chiltern League matches. 10 points are awarded for the first Tring runner home, 8 for the 2nd, 7 for the 3rd, 6 for the 4th and 5 for anyone else who ran.

The full results are published on the next page.

Club Cross-Country Championships - Full Results

MEN			WATFORD	OXFORD	LUTON	SLOUGH	WING	TOTAL	Position
	R.	LANGLEY	10	5	8	10	8	41	1
	K.	HARDING		10	10		10	30	2
	A.	WHELAN		7	6	8	6	27	3
	N.	LACEY	5	5	5	5	5	25	4
	T.	LARK	8		5	6	5	24	5
	S.	SAYWELL		5				5	
	S.	LONG		5	7			12	
	P.	COWAN	5					5	
	T.	RUBERRY					5	5	
	B.	LAYTON		5				5	
	R.	ANSELL		8				8	
	D.	HERON	5	5	5		5	20	
	J.	MANNING			5		5	10	
	S.	BARNETT		6			7	13	
	R.	BROWN		5	5	7	5	22	
	J.	SMITH	6		5		5	16	
	R.	WHITE	5					5	
	C.	COHEN	7			5	5	17	
	C.	REES	5					5	
	C.	BONTHRONE						5	

LADIES			WATFORD	OXFORD	LUTON	SLOUGH	WING	TOTAL	Position
	M.	BONTHRONE	7	6	8	8	6	35	1
	M.	COLWELL	10	10			10	30	2
	A.	HARDING		8	10		8	26	3
	E.	AITCHISON		5				5	
	K.	BARNETT		7		10	7	24	
	M.	COOK	6					6	
	S.	HILL	8					8	
	A.	SCARTH		5	7			12	
	J.	PORTEUS	5		6		5	16	
	H.	HENNINGS	5					5	

U15Girls			WATFORD	OXFORD	LUTON	SLOUGH	WING	TOTAL	Position
	B.	HARDING		10	10		10	30	1

2007 Forrest Gump Trophy

The final trophy winner to be announced is the Forrest Gump Trophy; awarded to the runner who has done the highest number of competitive miles in the year. The winner for the third year running is:-

Brian Layton

who ran a total of 859 miles in 34 events. Although down on last year's mileage of 968 miles in 42 events he was still well ahead of anyone else. A breakdown of his events is as follows:-

<i>Type of Event</i>	<i>No. of events</i>	<i>Total mileage</i>
Classic 2 day Mountain Marathons	9	285.5
Mountain and off-road navigational races	8	169
LDWA Type events	6	305.5
Fell and Off-road races	10	86
Road Races	1	13
TOTAL	34	859

Congratulations Brian – a mind-boggling achievement.

Just for the sake of a comparison I worked out my own mileage and it came to a paltry 566 miles in 18 events; comprising 1 100 mile event, 2 50+ miles, 2 40+ miles, 2 30+ miles, 7 marathons and 4 sub marathon events.

Peter Hamson

Summary of Trophy winners for 2007

<i>Trophy</i>	<i>Men</i>	<i>Ladies</i>
Road Running Champion	Sam Williamson	Edda Aitchison
Most improved runner	Geoff Dennis	Edda Aitchison
Off-road Champion	Alan Whelan	Mandy Bonthron
Cross Country Champion	Ross Langley	Mandy Bonthron
Forrest Gump Trophy	Brian Layton	

Peter Hamson

Easter Lake District Trip

Having been on a number of the Easter trips to St John in the Vale some things have become routine and others change every time. One thing that is always an issue is space in the Kitchen; therefore how about centrally buying Milk, Tea and Coffee. There should be enough money in the trip package to cover this. Then we may have milk preferences - skimmed /semi-skimmed/ full? We have also had one night, normally Saturday, when we have take-aways from Keswick. What are people's thoughts?

That's the domestic bit over now down to the running.

I have always laid a Hash on the Friday called Good Friday Rice which is for all ages and about 3 to 4 miles with an Easter egg for the one that finds the most rice and brings it back with them.

We have a Fell race on Saturday - fast and furious and if the weather is good a spectator event as well.

I am looking at trying to run the Fairfield Horseshoe on the Sunday or Monday morning. It's about 13 miles out of Ambleside. It normally takes about three hours. It's longer than the race as the farm gates aren't open and you have to go back into Ambleside.

I know Tony Ruberry will be running when ever its light and has a plan for one extremely long run. Any takers.

Tony and I will to co-ordinate so chat to us on Wednesdays with any ideas you have.

Bob Ford

The following is a list of people on the Lake District trip:-

NAME	No. of Adults	No. of Children
Tony Ruberry	1	
Mike Burgess and family	2	3
Bob, Sandra and James Ford	2	1
David Heron	1	
Simon and Kirsty	2	
Clive and Xav Cohen	1	1
Jim and Tracy Sinton	2	
Nigel and Mandy	2	2
Nigel Kippax	1	
Maria Cook	1	
Brian Layton	1	
Geoff and Beth Dennis	2	
Jane Porteous	1	
Paul Cowan and Family	2	2
Rob Brown and family	2	2
Mark Rochester and Louise Berry	2	
Bonnie Parker	1	1
Kevin Buckingham	1	