Tring Running Club - club championships history

	Road		Most improved		Off road				Cross country		Brenda Barlow	Gauntlet	Gauntlet	Beacon
	Men	Women	Men	Women	Men	Women	Vet men	Vet women	Men	Women	Winner	Men	Women	Award
2023					Josh Frewin	Mary Ward	Andy Neill	Sue Frewin						
2022	Luke Delderfield	Lynda Hembury	Martin Hopcroft	Lynda Hembury	Mark Innocenti	Christina Stevens	Paul Allen	Rachael MacRae	Ross Langley	Lynda Hembury	Andrew Shipley	Brian Layton	Kim Reed	Claire Shelley
2021	Martin Hopcroft	Lynda Hembury	Martin Hopcroft	Liz Daniel	Not awarded	Not awarded	Not awarded	Not awarded	Matt Wade	Mary Ward	Brian Layton	Brian Layton	Kim Reed	John Manning
2020	Nick Stallman	Sheila Turner	Not awarded	Not awarded	Not awarded	Not awarded	Not awarded	Not awarded	Not awarded	Not awarded	Not awarded	Brian Layton	Kim Reed	Celine Wilcock
2019	Michael Burgess	Lynda Hembury	Matthew Manning	Cathy Turner	Andy Collings	Mary Ward	Martin Hopcroft	Helen Tullie	Luke Delderfield	Lynda Hembury	Rachael MacRae	Brian Layton	Kim Reed	Luke Delderfield
2018	Michael Burgess	Lynda Hembury	Matthew Manning	Shirley White	Tom Hill	Lynda Hembury	Martin Hopcroft	Celine Wilcock	Ross Langley	Mary Ward	Andy Neill	Brian Layton	Kim Reed	Kim Reed
2017	Paul Allen	Lynda Hembury	Andy Evans	Lynda Hembury	Martin Hopcroft	Lynda Hembury	John Manning	Hilary Needleman	Ross Langley	Lynda Hembury	Tom Sawyer	Brian Layton	Kim Reed	Lynda Hembury
2016	Paul Allen	Lynda Hembury	Dave Cary	Anne Kippax	Ian Gower	Lynda Hembury	Martin Hopcroft	Judi Hopcroft	Ross Langley	Lynda Hembury	Rob Fletcher	Brian Layton	Kim Reed	Andy Collings
2015	Tom Griffin	Lynda Hembury	Dave Cary	Celine Wilcock	Dom Evans	Helen Page	Alan Whelan	Rachael Scahill	Luke Delderfield	Lynda Hembury	Celine Wilcock	Brian Layton	Kim Reed	Judi Hopcroft
2014	Tom Griffin	Verna Burgess	Howard Clark	Verna Burgess	Alan Whelan	Verna Burgess	John Manning	Alison Harding	Luke Delderfield	Mary Ward	Martin Hopcroft	Brian Layton	New for 2015	Andy Evans
2013	Michael Burgess	Verna Burgess	William Harvey	Judi Hopcroft	Andrew Hill	Jane Porteous	Rick Ansell	Shona Mullen	Ross Langley	Mary Ward	Simon Jessop	Brian Layton		Nigel Lacey
2012	Tom Griffin	Mary Ward	William Harvey	Not awarded	Simon Barnett	Alice Ely	Nigel Kippax	Cathy Court	Luke Delderfield	Claire Doherty	Judi Hopcroft	Brian Layton		Tony Hill
2011	Tom Griffin	Michaela Colwell	Trevor Lark	Frances Mills	Ross Langley	Sarah Hill	Rick Ansell	Alison Harding	Luke Delderfield	Mary Ward	Rick Ansell	Brian Layton		Verna Burgess
2010	Paul Allen	Michaela Colwell	Richard White	Kim Reed	Simon Barnett	Kirsty Barnett	John Manning	Alison Harding	Ross Langley	Alison Harding	Mary Ward	Brian Layton		Maria Cook
2009	Paul Allen	Michaela Colwell	Darren Hogg	Jane Porteous	Ross Langley	Jane Mitchell	John Manning	Alison H/Jane Porteous	Ross Langley	Ruth Rutt	Mandy Bonthrone	Brian Layton		Mike Blake
2008	Nigel Bunn	Edda Aitchison	Geoff Dennis	Anna Scarth	John Manning	Alison Harding	David Heron	Mandy Bonthrone	Paul Allen	Alison Harding	Cathy Court/Louise Berry	Brian Layton		New for 2009
2007	Sam Williamson	Edda Aitchison	Geoff Dennis	Edda Aitchison	Alan Whelan	Mandy Bonthrone	New for 2008	New for 2008	Ross Langley	Mandy Bonthrone	Bob Ford	Brian Layton		
2006	Colin Rees	Edda Aitchison	Mike Gaunt	Kim Reed	Simon Barnett	Kirsty Barnett			Alan Whelan	Alison Harding	Michaela Colwell	Brian Layton		
2005	Colin Rees	Kirsty Barnett	Richard White	Gill Heron	Alan Whelan	Alison Harding			Rick Ansell	Alison Harding	Russel Baker	Brian Layton		
2004	Colin Rees	Alison Harding	John Manning	Gill Heron	New for 2005	New for 2005			Kevin Harding	Alison Harding	Nick Pierpoint	New for 2005		
2003	Tom Griffin	Alison Harding	Tom Griffin	Jenny Dunn					Kevin Harding	Alison Harding	Dave Jones			
2002	Colin Rees	Alison Harding	Paul Stoten	Maria Cook					Michael Burgess	Alison Harding	Annabelle Operman			
2001	Colin Rees	Alison Harding							Kevin Harding	Alison Harding	Graham Deacon			
2000	Colin Rees	Alison Harding	Phil Baldock						Kevin Harding	Alison Harding	Russel Baker			
1999	Colin Rees	Alison Harding	Kevin Harding						Kevin Harding	Alison Harding	Alan Rosen			
1998	Colin Rees	Alison Harding	Gareth Owens						Kevin Harding	Janet Rosen	Alan Rosen			
1997	Mike Mitchell	Alison Wells	Rob Brown						Kevin Harding	Alison Harding	Bill Salkeld			
1996	Mike Mitchell	Mary Ward	John Shelton						Nick Hadland	Janet Hill	Jonathan Mulcahy			
1995	Mike Mitchell	Janet Hill	Paul Stevenson						Rick Ansell	Sue Pearce	Chris Milton			
1994	Mike Mitchell	Erica Clapp	Roy Bride						Bob Garland	Antonia Blake	Alison Harding			
1993	Mike Mitchell	Erica Clapp							Bob Garland	Alison McDonnell	Roy Bride			
1992	Bob Garland	Erica Clapp									Vicky Quincey			
1991	Chris Dove	Erica Clapp												