

Tring Runner

Jan 2007

Club Runs:

Every Wednesday

7:30 pm Running from Tring Cricket Club

Monday January 15th and February 5th

7.30 p.m. Running from Berkhamsted

Cricket Club – meet in the bar

Main Forthcoming Events

Sunday January 7th – Herts XC
Championships – Stevenage

Saturday January 13th - Chiltern League
Cross Country – Slough

Monday Jan 15th – Running from Berko

Thursday Jan 18th – Tring Brewery Trip
(see Richard White)

Saturday Jan 20th – Box Hill Fell Race
The first of the off-road championship
events of the new season

Wednesday Jan 24th - par lauf and AGM

Sunday Feb 4th – Watford Half Marathon

Monday Feb 5th – Running from Berko

Saturday Feb 17th - Chiltern League Cross
Country – Wing, Nr Leighton Buzzard

Sunday Feb 18th - Hardwick Cross Country
Race, Hardwick Nr Aylesbury

Sunday March 4th - Berkhamsted half
marathon and 5 mile fun run

Sunday March 4th – Herts Vets XC champs

Sunday April 22nd – London Marathon

Fri 25th May – Mon 28th May - Brecon
Beacons trip - see Mandy Bonthrone

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A Happy New Year to you all.

And so my first year as newsletter editor comes to an end. It has been an enjoyable task and has provided me with many an insight into the activities of the club. It has only been possible with the help of the articles you have provided so I will take this opportunity to thank all of you who have contributed articles. I hope you will keep them coming in – they don't have to be just on running – in the past there have been articles on mountaineering trips, triathlons, cycling events – anything of interest to the club will be printed.

Club Championships

The off-road championship events are finally complete but only just – the last event was the Cliveden cross country on the last day of the year. The men's event has been a neck and neck tussle between Simon Barnett and Tony Ruberry with first one having a slight advantage then the other. Now I am in a position to announce the winner. See later in this newsletter for the final result.

In the on-road championships there may still be a few results to come in so I do not have a complete set of results, but I think I can safely declare the winners. Here it was the ladies' event that produced the drama – it was not until Boxing Day when Kirsty Barnett ran the Aylesbury 5K that the issue was finally settled.

Peter Hamson

VISIT OUR WEB SITE

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

Newsletter contributions to **Peter Hamson** by
Wednesday 24th January please.

Email: phamson@caci.co.uk

Race Results

Wolverton 5

Runner	Posn	Time
Richard White	198	36.29
Maria Cook	218	37.25
Gary Richmond	259	39.41
Nicola Richmond	401	56.20

Maria writes: The rain cleared up in the afternoon for the run however the usually inoffensive redways were very waterlogged and on one stretch we had to run on the grass which was very soggy. We ended up looking like we'd run a cross country event!

Not many Tring runners, who were probably preparing for the Brenda Barlow. As everyone else has already had their go with excuses for their performance at the BB, e.g. new shoelaces, vest not ironed, not the right sort of leaves on the track, etc etc can I use the fact that I was the only one who ran Wolverton and then the BB! If not, then I'll put my performance down to lumpy porridge that morning.

Cliveden Cross Country

Runner	Posn	Time	PB
Alan Whelan	18	42:32	
Mike Burgess	19	42:45	
Sam Williamson	20	42:55	
Simon Barnett	31	44:12	
Tony Ruberry	63	46:46	
Colin Rees	108	49:55	
Kirsty Barnett	149	51:35	
Brian Layton	174	53:04	
David Heron	345	1:01:32	
Kim Reed	406	1:04:55	
Gill Heron	462	1:10:17	

The final race in the off-road championships took place on the last day of the year.

Luton Marathon

Runner	Posn	Time
Tom Griffin	158	3.41.42

635 finished

The race incorporated the Herts AAA championships in which Tom was 3rd vet 55.

According to Tom it was a "bloody windy course that day"

Aylesbury Boxing Day 5k

Runner	Posn	Time
Simon Barnett	28	18:51
Kirsty Barnett	86	22:13

161 finished

Simon and Kirsty completed their fourth event for the club road championships after rather too much Christmas indulgence

Herbert's Hole – Men's Race

Runner	Posn	Time	PB
Sam Williamson	8	42:09	
Alan Whelan	10	42:42	
Simon Barnett	15	43:48	
Rick Ansell	22	44:51	
Andrew Hill	25	45:26	
Tony Ruberry	29	46:00	
John Manning	46	48:33	
Peter Alford	81	52:44	
Brian Layton	83	52:48	
Peter Hamson	116	56:19	
Nigel Lacey	153	60:53	
David Heron	164	62:52	
Geoff Dennis	178	64:53	

Herbert's Hole – Ladies' Race

Runner	Posn	Time	PB
Kirsty Barnett	11	50:43	
Sarah Hill	14	53:09	
Mandy Bon throne	21	55:08	
Kim Reed	43	63:41	
Frances Mills	48	69:14	
Nicola Richmond	66	83:21	

This was the sixth off-road championship event. After a frosty start the morning turned out to be pleasantly warm and sunny, although a bit muddy under foot. Sam Williamson proved he was a force to be reckoned with by leading the Tring runners home. Tony Ruberry had an excellent run to finish first male vet 50. The men were second in the team race and the women were third.

Results of 15th Brenda Barlow Memorial Trophy Ridgeway Handicap - November 26th 2006

Handicap result		Finish Time	Handicap	Actual Time	Order based on actual times		
	Start time	10.00					
1	Michaela Colwell	11.33.54	15	78.54	1	Sam Williamson	63.00
2	Mandy Bonthrone	11.36.50	15	81.50	2	Simon Barnett	65.20
3	Brian Layton	11.39.50	21	78.50	3	Henry Keighley-Elstub	69.21
4	David Sawyer	11.40.24	21	79.24	4	Tony Ruberry	69.40
5	Henry.Keighley-Elstub*	11.42.21	33	69.21	5	Joe Mitchell	70.54
6	Joe Mitchell	11.42.54	32	70.54	6	Rick Ansell	72.15
7	Jenny Barnett**	11.43.12	02	101.12	7	John Manning	72.20
8	Simon Barnett	11.43.20	38	65.20	8	Paul Cowan	73.42
9	Alison Harding	11.43.22	26	77.22	9	Jon Court	76.15
10	Paul Cowan	11.43.42	30	73.42	10	Alison Harding	77.22
11	Geoff Dennis	11.43.54	05	98.54	11	Brian Layton	78.50
12	Sam Williamson	11.44.00	41	63.00	12	Michaela Colwell	78.54
13	John Manning	11.44.20	32	72.20	13	David Sawyer	79.24
14	Kim Reed	11.44.35	09	95.35	14	Kirsty Barnett	79.46
15	Kirsty Barnett	11.44.46	25	79.46	15	Jevon O'Neill	81.14
16	Liz Daniel	11.44.47	02	102.47	16	Mandy Bonthrone	81.50
17	Frances Mills	11.45.03	02	103.03	17	Dave Jones	89.20
18	Edda Aitchison	11.45.13	09	96.13	18	Maria Cook	93.12
19	Maria Cook***	11.47.12	14	93.12	19	Kim Reed	95.35
20	Tony Ruberry	11.47.40	38	69.40	20	Edda Aitchison	96.13
21	Jon Court	11.48.15	32	76.15	21	Geoff Dennis	98.54
22	Beth Dennis	11.49.00	00	109.00	22	Jenny Barnett	101.12
23	Dave Jones⊖	11.51.20	22	89.20	23	Liz Daniel	102.47
24	Rick Ansell	11.53.15	41	72.15	24	Frances Mills	103.03
25	Gill Heron¶	11.53.22	04.50	108.32	25	Gill Heron	108.52
26	Jevon O`Neill#	11.55.14	34	81.14	26	Beth Dennis	109.00

Did Not Finish: Richard White

Ran round in front marking course with flour: Mike Gaunt, Pam Burley

* = Mistook entrance to club, ran to far end and hopped over gate (losing about a minute)

** = Followed Henry for a bit but turned back to right entrance, also lost about a minute

*** = See Wolverton 5 results for excuses

¶ = Set off at least a minute late due to starter dreaming, posing and chatting

⊖ = Set off a minute late and out-of-breath after parking problems and sprinting from Tesco to start

= Went off course after golf course due to 10 pints at Twickers on previous day

Also present: Mike Blake (Back up Van), Kevin Harding (Alison's Roadie),
Alan Whelan (Photographer), Ken Barlow (Brenda Barlow's Husband)
Mitchell and Williamson families.

John Boielle

Once again - Thanks to John for all the work he put in to organise this event

Letters to the Editor

From one of the early members of the club:-

Peter,

Sad to say I am not running any more. I have been hit by a persistent tiredness with no apparent medical cause and I just can't raise the energy to run properly. However I did manage to walk the Beachy Head in 6hrs 20 so I'm not totally decrepit. Anyway I think the time has come to drop out of the club - a decision I am sorry to have to make.

I joined Tring in 1983 near the start of my running career and always appreciated the friendliness of the members. I had a short spell as chairman and can lay claim to issuing the first ever newsletters during that time as well as negotiating the first sponsorship of the Ridgway Run, by the Grass Roots group. On a personal level I achieved the "big three" of sub-3 hour marathon, sub-80 minute half marathon and sub-60 minute ten miles all in my late forties. I also completed the London to Brighton in under 6:41 and the South Downs 80 in 11:42. My performance in a 12 hour road race of just under 83 miles put me onto the UK ranking list in I think 10th place. So I haven't had a bad innings. It was great fun to run a long fell race near Sheffield in a Tring Joggers vest and when there was some doubt about which was the right route to hear the remark, in a northern accent, "Why the hell are we following a bloody jogger?" The answer of course being "Because you're too slow to be in front of me".

Chris Dove

From a concerned runner:-

Dear Sir,

After listening to strange conversations in the showers it is clear that our website should carry a Government Health Warning: namely:-

"WARNING: This Club may contain nuts."

With concern,

Anne Idiot

Tring Running Club Rules and Constitution Proposed changes for AGM

The following changes to the constitution have been proposed for discussion at the AGM:-

Paragraph 4:

The club shall be governed by a club committee which shall be elected at the annual general meeting of the club and shall consist of the following officers: President/Chairman, Vice Chairman, Honorary Secretary, Honorary Treasurer, Team Secretary, Press Secretary, ~~Clothing Secretary~~ **Membership Secretary** and one other member.

Paragraph 8:

The annual General Meeting shall be held in ~~January~~ **November**.

Proposed by: Tony Ruberry

Seconded by: Paul Cowan

Runners of the Month

November

The “Runner of the month” for November is **Geoff Dennis** for his brilliant runs in the Cardiff Marathon, Beachy Head Marathon and Marlow Half Marathon. His build up to the Marlow Half Marathon, which he completed in 2:09 was particularly hectic and his preparation consisted of the following:-

Marlow minus 4 weeks - run Cardiff Marathon
Minus 3 weeks - attend son's stag weekend and keep up with the youngsters
Minus 2 weeks - spend 5 days of half term week leading scout camp, including night walks, etc
Minus 1 week - get back from scout camp late on Friday night, get up super early Saturday morning and drive to Eastbourne to run Beachy Head Marathon - recorded a time for first time, i.e. finished under 6 hours.
Minus 1 day - attend son's wedding in Kingston on Thames.
Minus 5 minutes - arrive marginally stressed (does Geoff do fully stressed?) at start after longer than expected journey time from Kingston

....and he has a full time job!

So he was nominated for “Runner of the month” for his amazing life/running balance

December

The “Runner of the month” for December is **Mandy Bonthrone** for her run in the Calderdale Way Relay. Mandy was called up as a late substitute. She was paired up with Kirsty Barnett - who has competed in the event before and regularly finishes well ahead of Mandy in XC races etc. Their time was faster than Kirsty ran last year but despite this Mandy kept pace and helped the team finish well ahead of Milton Keynes AC - an all male team. She showed guts and determination in very rough conditions.

Congratulations to both Geoff and Mandy for their excellent performances.

Running Club Trip to the Brecon Beacons

A reminder that Nigel Lacey has booked the RAF Adventure Centre for the Tring Running Club in the Brecon Beacons for the late May bank holiday, 2007. The cost is a very reasonable £10.00 per night for adults and £6.00 per night for children. The Centre has been booked from Friday 25 May until Monday 28 May 07. To reserve a place see Mandy Bonthrone.

Marathon Training

With Christmas once again behind us it is time to start the Tring RC Marathon Training Programme which is built up around the London Marathon. However, for those rejected from London there are a host of other spring road marathons which will welcome your entry including:

4th March - Chiltern Kanter & Barcelona
18th March - Rome
1st April - Bungay & Taunton & Connemara
15th April - Paris & Rotterdam
29th April - Shakespeare
6th May - Neolithic
13th May - Halstead
20th May - Isle of Whight & Windermere

The Club has over the years built up a pretty good track record of runners finishing London in the 3 to 5 hour range. Our programme for Sunday mornings is similar to last year. It incorporates the local road races and links in easily with those published in more detail by the running magazines. From personal experience nothing messes up a marathon programme more easily than injury. In particular trying to “run through” minor injury or infection. The importance of crossing the start line injury free can not be over emphasised. If something has gone wrong allow time for recovery, take a week or two off rather than risk aggravating the problem and ruining a whole season.

For many years Mike Blake has done a fantastic job as back up and Motivator for the Tring Marathoners. He has kindly agreed to do so again this year. John Boielle will be providing a post run cup of tea; we will take it in turns to bring the biscuits. Whenever there is a local race this has been incorporated into the programme – suggest you enter in plenty of time as Fred Hughes and Watford are always oversubscribed with no entry on the day.

The idea behind Sunday Morning Club Runs is that everyone can take part. One way or the other we will make sure the front runners are watered every 3-4 miles and then meet up with the back markers so that nobody will be left struggling out there on their own. Each run will be planned so that there is a cut back point for those who prefer to run shorter than the designated distance.

Key to a successful Marathon is pace judgment. We plan to have 2 main groups one running at 9 - 10 min pace the other at 7 - 8 min pace. The second group is to set off at a time after the first which depends on the distance eg 15 min afterwards for a 10 mile run and up to 30 min after for a 20 mile run.

The meeting place for these runs will be **83 Dundale Road, Tring (Tel 01442 822575)** at 8.30 am. Even if you are not yet a member of Tring RC or planning a full marathon come along to join the fun. See you there - the more the merrier!

The schedule for the Sunday morning runs is as follows:-

Date	Distance (miles)	Event
7-Jan	10	Club Run
14-Jan	12	Club Run
21-Jan	10	St Albans – Fred Hughes Road Race
28-Jan	15	Club Run
4-Feb	13.1	Watford ½ Marathon
11-Feb	15	Club Run
18-Feb	17	Club Run
25- Feb	20	Club Run
4Mar	13.1	Berko ½ Marathon
11-Mar	20	Club Run
18-Mar	21	Club Run
25-Mar	23	Club Run – Summer Time clocks forward!
1-Apr	17	Club Run
8-Apr	15	Club Run Easter Sunday
15-Apr	10	Club Run - take it easy!!
22-Apr	26.2	London Marathon

Mike Gaunt

Club Off-Road Championship

The off-road championships consisted of eight races, all of which are local apart from the Beachy Head Marathon which is one of the more popular races with the club. For each race the first Tring Man or Lady scores 25 points, the second 24 points etc.

The men's event turned out to be an extremely close fought contest between Simon Barnett and Tony Ruberry, neither missing an event and neither willing to concede any points if they could avoid it. Simon, I am told, even had to be dragged from his sick bed to run on occasions. At half time Tony had a slight advantage but in the last three events Simon pulled ahead so the winner is

Simon Barnett

Congratulations to Simon but also well done to Tony. For a vet 50 to get so close to winning the championships is a remarkable effort.

In the ladies event the winner had a somewhat easier ride and the championship went to

Kirsty Barnett

Congratulations to Kirsty for this fine effort

Men's off-road championships – full results

Posn.	Name	1	2	3	4	5	6	7	8	Total
1	Simon Barnett	21	25	21	20	20	23	24	22	176
2	Tony Ruberry	20	24	22	22	21	20	22	21	172
3	Rick Ansell	23		23	23		22	20		111
4	Alan Whelan			25		24	24		25	98
5	John Manning			20	19	19	19	19		96
6	Brian Layton	18	23				17	16	19	93
7	Paul Cowan		22	19	18			18		77
8	Sam Williamson						25	25	23	73
9=	Steve Long	22			24	25				71
9=	Michael Burgess	24				23			24	71
11	Kevin Harding	25			25					50
12	Henry Keighley-Stub					22		23		45
13=	Colin Rees					18			20	38
13=	Geoff Dennis					13	13	12		38
14	Peter Hamson					17	16			33
15	David Heron						14		18	32
16	Chris Egan			24						24
17=	Ron Bramley		21							21
17=	Rob Brown				21					21
17=	Joe Mitchell							21		21
17=	Andrew Hill						21			21
21	Ian Hodgson	19								19
22=	William Jones			18						18
22=	Peter Alford						18			18
25=	Paul Stoten			17						17
25=	Jon Court							17		17
25=	Callum Bonthron				17					17
28=	Ron Bramley				16					16
28=	John Harrison			16						16
28=	Tony Hill					16				16
31=	David Sawyer							15		15
31=	Alan Williams			15						15
31=	Richard White					15				15
31=	Nigel Lacey						15			15
35=	Jevon O'Neill							14		14
35=	Bob Ford					14				14
37=	Dave Jones							13		13

Races:

1 = Box Hill 2 = Hardwick 3 = Aldbury 4 = Coombe Hill
 5 = Beachy Head 6 = Herbert's Hole 7 = Ridgeway Handicap 8 = Cliveden

Ladies' off-road championships – full results

Posn.	Name	1	2	3	4	5	6	7	8	Total
1	Kirsty Barnett	24	25		25	25	25	23	25	172
2	Mandy Bonthrone			25	24	24	23	22		118
3	Kim Reed					23	22	20	24	89
4	Edda Aitchison				23	22		19		64
5	Frances Mills					21	21	16		58
6	Alison Harding	25						25		50
7	Maria Cook			24				21		45
8	Gill Heron							15	23	38
9=	Michaela Colwell							24		24
9=	Sarah Hill						24			24
11	Nicola Richmond						20			20
12	Jenny Barnett							18		18
13	Liz Daniel							17		17
14	Beth Dennis							14		14

Races:

1 = Box Hill

2 = Hardwick

3 = Aldbury

4 = Coombe Hill

5 = Beachy Head

6 = Herbert's Hole

7 = Ridgeway Handicap

8 = Cliveden

Club Road Championship

The full results for the road championships will be published next month as there may be a few results still to come in. These will include the results of the "Most improved Runner" competition. However, I am confident enough of the winners to print them here. In the men's event the winner, once again, is:-

Colin Rees

And in the ladies' event:-

Kirsty Barnett

Congratulations to Colin and Kirsty for this fine effort. Colin has now won the title more times than I can remember and Kirsty retains the title she won last year.

A Look Back At 2006

Looking back over the newsletters of 2006 I was recently reminded of some of the exceptional individual performances from our club members this year. I have decided to share some of these with you. They are in no particular order of merit and are purely my own choice.

Mike Burgess

The London Marathon is a race that is loved by some, loathed by others, but it always manages to get a good turnout from the club. This year Mike ran a fantastic time of 2:48:29 which is one of the fastest times recorded by a Tring runner.

Tony Hill

Tony completed the 2006 Long Distance Walkers Association 100 mile event in Northumbria at his first attempt at the distance. After having previously done only one event longer than a marathon he completed the 100 miler in 33 hours 5 minutes, finishing ahead of the other Tring competitors. It was not an easy course either; involving some long moorland crossings in high winds, and over 14,000 feet of ascent and descent.

Mike Gaunt

Mike completed the circuit of the Tour Du Mont Blanc after having done the first part last year. This year's section was from Courmayeur, on the Italian side of the Alps, through Switzerland to Chamonix. It was 86km with 4600 metres of ascent & descent which does not sound too bad unless you know the type of terrain it covers. I know what the first half is like – with ascents that just go on and on followed by steep slippery descents; and Mike assures me the second half is even harder. It was, he says, “By far the toughest challenge I have ever undertaken”

Kevin Harding

Kevin came second in the MV45 age group in the English Fell Running Championships – no mean feat for anyone, particularly a southerner.

Steve Long

After having posted some excellent results in Fell Races Steve excelled himself in the Beachy Head Marathon, completing the event in 3 hours 18 minutes, setting a club record for the course.

Mandy Bonthron

Our new fell running star who has already proved she can hold her own in the FRA relays and the Calderdale relay.

Tony Ruberry

Since joining the ranks of the over 50's he has finished first in his age group in both the Manches Moor 10K and the Herberts Hole Cross Country. Also, in our own club off-road championships, he came to within a hair's breadth of putting all our youngsters in their place.

And the one to watch next year:-

Sam Williamson

Sam has already finished first Tring runner in two off road championship events and been first in his age group in a five mile road race.

Peter Hamson