

# Tring Runner

Feb 2007

## Club Runs:

Every Wednesday

7:30 pm Running from Tring Cricket Club

Monday February 5<sup>th</sup> and March 5<sup>th</sup>

7.30 p.m. Running from Berkhamsted

Cricket Club – meet in the bar

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## Main Forthcoming Events

**Sunday Feb 4<sup>th</sup> – Watford Half Marathon**

**Monday Feb 5<sup>th</sup> – Running from Berko**

**Saturday Feb 17<sup>th</sup> - Chiltern League Cross Country – Wing, Nr Leighton Buzzard**

**Sunday Feb 18<sup>th</sup> - Hardwick Cross Country Race, Hardwick Nr Aylesbury. The second event in the off-road championships**

**Sunday March 4<sup>th</sup> - Berkhamsted half marathon and 5 mile fun run**

**Sunday March 4<sup>th</sup> – Chiltern Kanter 26 miles (starts in Tring)  
An ideal introduction to LDWA events**

**Sunday March 4<sup>th</sup> – Herts Vets XC champs**

**Monday Mar 5<sup>th</sup> – Running from Berko**

**Sunday Mar 18<sup>th</sup> – Edale Skyline Fell race**

**Sunday April 22<sup>nd</sup> – London Marathon and Prize Giving (more details later)**

**Sunday April 22<sup>nd</sup> - Aldbury Cross Country Race. The third event in the off-road championships. (tbc)**

**Fri 25<sup>th</sup> May – Mon 28<sup>th</sup> May - Brecon Beacons trip - see Mandy Bonthron**

Newsletter contributions to **Peter Hamson** by Wednesday 24<sup>th</sup> January please.

Email: [phamson@caci.co.uk](mailto:phamson@caci.co.uk)

## Editorial

Well, that's the AGM over for another year; or, to be precise, another ten months as the club has decided to hold the AGM in November in future. Amazingly, all the committee positions were filled. Maria Cook takes over from John Shelton as Social Secretary; David Heron re-joins the committee as Membership secretary leaving Richard White as Treasurer and Mandy Bonthron takes over the Ladies' Team captaincy from Alison. The remaining members will continue in their present positions. I would like to thank the departing members, John and Alison for all the work they have done in the past.

Outside the committee Tony Hill will be taking over as Fun Run director from Dave Jones. Thanks to Dave who has performed this task extremely well for the last three years and has also found time to entertain us with his newsletter reports. Congratulations to Tony for taking this task on.

Finally, special thanks to Alan Whelan who has transformed our website over the past year. It is well worth spending a few minutes looking at it. It contains sections on all the club activities including championship results, a diary and member's profiles (for those that have bothered to submit them) and plenty of photos.

*Peter Hamson*

**VISIT OUR WEB SITE**

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

## Race Results

### *Fred Hughes 10 – St Albans*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Jim Sinton	71	1:04:41	Y
Robert Pinfield	221	1:13:08	Y
Michaela Colwell	249	1:14:49	Y
Colin Rees	250	1:14:49	
Richard White	314	1:18:07	
Maria Cook	344	1:19:33	
Anna Scarth	438	1:24:01	
Kim Reed	456	1:24:59	
David Heron	482	1:26:09	
Edda Aitchison	490	1:26:32	
Geoff Dennis	631	1:35:16	
Frances Mills	642	1:35:45	
Mike Gaunt	726	1:42:53	
Pam Burley	762	1:57:21	
Nicola Richmond	766	1:59:50	

### *Winter Tanners Marathon(30 miles)*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Peter Hamson		5:56	
John Harrison		9:17	

An annual off road event over the Surrey hills organised by the Long Distance Walkers Association but one which attracts a fair number of runners. For once we were treated to fine weather – it was mild and sunny throughout. This was TRC member John Harrison's 70<sup>th</sup> completion of a Tanners Marathon. (No, that doesn't mean he has completed the event for the last 70 years – there are two events a year, a winter and a summer event, so he has only completed all the events for the last 35 years!)

### *Chiltern League Cross Country – Culham - Men*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Steve Long	77	38:10	
Alan Whelan	83	38:33	
Sam Williamson	100	39:07	
Mike Burgess	114	39:38	
Tony Ruberry	169	42:48	
John Manning	185	43:59	
Paul Cowan	221	46:50	
Brian Layton	247	49:02	
David Heron	280	55:37	

### *Chiltern League Cross Country – Culham - Ladies*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Alison Harding	22	32:23	
Kirsty Barnett	38	33:49	
Ruth Rutt	42	35:11	
Mandy Bon throne	45	35:35	
Gill Heron	81	44:57	

### *Chiltern League Cross Country – Slough - Men*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Alan Whelan	87	33:12	
Mike Burgess	92	33:32	
Sam Williamson	97	33:52	
Rick Ansell	110	34:16	
Steve Long	124	34:34	
John Manning	207	37:55	
David Heron	292	45:27	

### *Chiltern League Cross Country – Slough - Ladies*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Kirsty Barnett	41	25:58	
Alison Harding	50	26:44	
Ruth Rutt	58	27:22	
Mandy Bon throne	77	28:12	
Maria Cook	85	28:54	

## The AGM and the 2007 committee

The committee for 2007 elected on the night is:

### *Committee Members*

President/Chairman	Jonathan Mulcahy	Vice-Chairman	Rick Ansell
Honorary Secretary	Paul Cowan	Membership Secretary	David Heron
Newsletter Editor	Peter Hamson	Honorary Treasurer	Richard White
Clothing Secretary	Caron and Gareth Owens	Social Secretary	Maria Cook
Men's Team Captain	Nigel Lacey	Ladies' Team Captain	Mandy Bonthron
Other Member	John Manning		

### *Non Committee Positions*

Web Master	Alan Whelan
Fun Run Director	Tony Hill
Ridgeway Race Director	Rick Ansell

## Subscriptions for 2007

Subscriptions are now due for the year 1 January 2007 to 31 December 2007.

Subscriptions are:

Individual £18, Family £30, Junior /student £3.

Cheques to Tring Running Club.

(There is a facility for the unemployed to have reduced subscriptions at the discretion of the committee, please talk to the membership committee)

Pay David Heron on Wednesday evenings or you send it to him at 17 Bishops Field, Aston Clinton, Bucks, HP22 5BB

New members should complete a membership form, which will be available on Wednesday evenings or can be accessed on, the website at:

[http://www.tringrunningclub.org.uk/aw-club/application\\_for\\_membership\\_form.pdf](http://www.tringrunningclub.org.uk/aw-club/application_for_membership_form.pdf)

**Health warning on subs for 2007:** See below for details of a probable EGM later in the year to discuss the impact on subs of individual affiliation fees.

## Individual Affiliation Fees – Probable EGM and effect on subs

Firstly this is my contribution to the newsletter to try to explain the background to the changes in affiliation fees and inform members of that effect as raised at the AGM. This has been written without consultation to the Club committee.

For new members the main benefit the majority of club runners gain from affiliation is reduced entry to races governed under UK athletics rules i.e. currently £2 less than an unaffiliated runner to put that in context for our own Ridgeway Run entry is £6 for an affiliated runner and £8 for an unaffiliated runner. The £2 differences are forwarded to the Governing body of the sport as part of its income, so the club income is £6 per runner whether affiliated or not.

In April of this year (2007) the regime for an athlete's affiliation will change from being affiliated simply by virtue of being a full (participating) member of an affiliated club (Tring is an affiliated club and we currently deem all our members to be full members so you all should pay the affiliated race entry fee.)

The new regime will require athletes to be registered individually and the registration fee has been set at £3 per athlete in the first year, £5 in the second year. (No information beyond year 2 is available, but will be set by governing body). The administration of this will be the responsibility of the club (the membership secretary).

In broad terms the decision the Club will have to make at an EGM is whether to include that individual affiliation in the club subs or treat it as a separate fee, so for this years subscriptions it is *possible* that each participating runner may be required to pay up to a further £3 in March /April. I stress this possible but I intend to put forward a proposal at the EGM that the club funds the first year. More on that when there is sufficient information for the EGM.

I would urge all members to read the FAQ produced by England Athletics on this available at the website: <http://www.englandathletics.org/east/club-update>

Overall I believe this is less complicated than it sounds and an individual affiliation scheme has been running in Scotland and the North of England for a number of years. The South has been slow to adopt this, but it is now being forced upon it.

I am currently trying to compile data on how other clubs deal with this in their constitution / subscription rates for presentation to an EGM.

I would be pleased to talk to anyone on this at any time

*David Heron*

## **Wing Cross Country – Saturday 17<sup>th</sup> February**

The last Chiltern League Cross Country of the season is at Wing. For anyone who has been tempted to take part, but not got round to it (or possibly not plucked up courage!), this would be a fine initiation. For one thing it is the most local of courses, so is not as time consuming as some of the further ventures. But more importantly it is a good introduction to cross-country: challenging, but not absolutely manic! The full schedule is not yet available on league website, but as this is the last match of season the men's race will be before ladies' race. The men's start is likely to be at 2:00pm and the ladies' at 2:45pm. Listen out at the club and full details will be shouted out on a Wednesday. Also, parking is often a bit of a problem, so car-sharing sounds a good idea.

Speak to the team captains or David or Tony for further information.

I hope we'll see a lot of you there.

*Tony Ruberry/ David Heron*

## The 'Other' Ridgeway race

When I am wearing my 'Ridgeway' teeshirt I am often asked "Does that mean you have run from Ivinghoe Beacon to Avebury?" At which point I have to confess "Well, yes, I have run from Ivinghoe Beacon to Avebury – but that's not how I got the teeshirt!" If anyone feels they would like to run the whole of the Ridgeway as a single event the Ridgeway Challenge described below is an ideal way of doing it. I ran the first event three years ago and can assure you it is well worth the effort. There is plenty of support (in the past the first two checkpoints have been manned by members of Tring Running Club) so it is not really necessary to have your own support team. I hope to do it again sometime, but not this year as I will be attempting the Tour Du Mont Blanc on the same weekend.

*Peter Hamson*

### **FOURTH TRA RIDGEWAY CHALLENGE UK TRAIL RUNNING CHAMPIONSHIPS (LONG DISTANCE) Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> August 2007 (Bank Holiday Weekend)**

85 miles along a 5000 year old track through the Chiltern Hills and North Wessex Downs; Grim's Ditch and Barbury Castle and Liddington Castle (hill forts) en route; waymarked throughout; 9,000 feet of ascent; most check points managed by local running clubs. Support teams recommended but not essential. Entrants must be at least 21 years old.

Starts at the top of Ivinghoe Beacon. Registration in nearby Ashridge car park from 0830 on 25<sup>th</sup> August. 10:00am start time for those expecting to take more than 24 hours; 12:00 noon start time for those expecting to take less than 24 hours. Transport to start from Tring Station (and possibly local hotels) subject to prior booking. Finish at National Trust Study Centre, Avebury, near Marlborough (subject to agreement of National Trust). Meals at Goring-on-Thames (half way) and at finish. Refreshments at check points. Baggage transport for unsupported entrants to Goring and then on to finish. No transport back to start. Cut off at Goring midnight Saturday and at finish 1500 on Sunday 26<sup>th</sup> August.

Qualification requirement: at least one marathon since 1<sup>st</sup> January 2006. Entry fee: £45 with a reduction to £32.50 for entries received by 30<sup>th</sup> June 2007. Unattached runners £2 extra.

Entrants who are not members of the TRA will be entitled to free membership until 31.12.2007 subject to submission of a membership application form.

Contact: Anthony Taylor at West Briarwood, 125 Ipswich Road, Woodbridge, Suffolk IP12 4BY  
Telephone: 01394 387169 and 020 7828 0580

Email: [anthony@maunsel.freeserve.co.uk](mailto:anthony@maunsel.freeserve.co.uk)

Also refer to TRA website at [www.tra-uk.org](http://www.tra-uk.org)

## 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 Bonthron.

## Calderdale Way Relay 10<sup>th</sup> December

The team spirit at the Calderdale Relay was great again this year. We stayed with the Milton Keynes team again, this time at a new group accommodation at Colden between Heptonstall and Blackshaw Head: Riverdene. The view out of the front window was very pleasant – over a stream rushing under a bridge just down from the bunkhouse, and the New Delight pub on other side!

The competition was again the 2pm Shelf cut off, and our arch rival Milton Keynes AC. MK had strength in depth this year, we were told, and it looked like they would head us from the start. This would take the pressure off the leg 3 ladies to hold their own against the super-fit chaps from MK. On leg 1, Sam and I were up against an MK pair with a fine pedigree – one of the pair placing 38<sup>th</sup> in the Culham cross country (mob match results) against my 77<sup>th</sup> and Sam's 100<sup>th</sup>. After the scramble round Old Rishworthians rugby pitches we found ourselves directly behind the MK pair heading into the first climb. We passed them, but they re-passed and disappeared. Ok, that's the last we'll see of them, we thought. Over Norland Moor the sun rose redly under the cloud on our left while the same cloud spat in our faces and an enormous rainbow hung over the valley on our right. The rocky, waterlogged path didn't allow us too much time to enjoy it! On down into Ripponden, the cobbles testing Sam's shoes for grip, up the other side and – surprise! There was the MK pair directly ahead. We tracked them up the climb and pulled them in on the path down to Mill Bank. We snuck past at a turning, but fully expected them to leave us for dead on the long road climb. But they didn't show. We plugged on, eventually making the ridgeline and feeling the closeness of the leg 1 finish. Slithering down the greasy flagstones into Cragg Vale we began to hear activity at the bottom, then popped out on the road and hurtled down into the packed changeover area to set Jim and Henry away. The rush of noise from 200 runners plus spectators was in stark contrast to the solitude of wind and rain on the moor. The MK pair arrived two and a half minutes later, one of the pair lacking some race fitness.

Jim and Henry had walked the entire leg 2 the previous day so knew where they were going. Henry said afterwards that he lacked speed on the climbs, and thought he and Jim could have gone a couple of minutes faster if only he had some hill practice. Jim's response was that this sounded like Henry trying to influence his handicap in next year's Brenda Barlow! Either way, the boys done good, actually increasing the lead over the MK team. Although MK had experienced fell runner Andy on the leg, he was paired with the fell novice "Divot" from the FRA forums. Divot is a sub 3-hour road marathon runner but found this didn't translate to speed on the fells.

So, the pressure is on the ladies on leg 3 again! A three minute lead on MK as they headed out on the 4.8 mile leg. I estimated 56 minutes for Kirsty and Mandy based on Kirsty's time last year and the difference between Mandy and Kirsty at the Culham cross-country. The MK chaps were thinking in terms of 46 minutes: you can do the arithmetic yourselves. We waited in the pouring rain at Blackshaw Head. The MK pair duly showed up, leading us now. We knew we'd be hard pressed to beat them overall. Then – fantastic! Blue and white bands emerge down the road and it's not a Bingley pair, it's Tring! The girls had a storming 51 minute run, only 1 minute down on MK overall. The ladies save the day again!

Leg 4 pairs often go out somewhat togged up, as the Blackshaw Head changeover is really exposed. Tony was in full legs, waterproof, hat, gloves – better than having it all in your bumbag anyway! Simon was looking particularly athletic in shorts, thermal and vest. I hoped I hadn't got this pairing too wrong... We drove to Wainstalls and walked out to the changeover. The guys were expected at 12.43 ish, which would give the leg 5 pair a comfortable 77 minutes to beat the Shelf cutoff – 6 minutes cushion maybe. We walked down the track from the changeover to cheer the guys in, keeping an eye on the time. We waited, the time ticked by, and finally Simon and Tony hove into view, working hard up the last climb, and yes Simon looked easy, guiding an exhausted Tony onto the

finishing track. They had run hard, especially Tony, but Shelf was going to be tough now – only 68 minutes to get there, and a leg 5 PB for Brian of 69 minutes. The MK team had put in a strong performance on leg 4 and arrived perhaps 6 minutes earlier – the gap was opening, and their leg 6 pair was an unknown quantity.

Brian and Mark had recced the complex leg 5; it is notoriously prone to mistakes. We drove around to Shelf and Michael and Alan prepared to run. Brian gave it everything to beat the Shelf cut off, he's been in many teams that failed to arrive in Shelf by 2pm, and in only 2 teams that have done it, and he didn't want the disappointment again. In this pair Mark was the stronger runner, but I wasn't sure how much stronger because of a shortage of cross country and other race results to go on – perhaps next year we'll expose Mark to the full Calderdale rigour of running a tough leg with a faster partner! Uh-oh, the marshals started assembling the mass start, and still no incoming Tring pair (no MK pair either which was some consolation). We kept an eye on the incoming alleyway.

2pm passed, Mike and Alan were away in the massed start, now we wait for Brian and Mark. First down the alley to the leg 5 finish was the MK team, less than a minute after 2pm, holding the lead in our personal race, but losing ground surely. We waited, and suddenly the guys arrived: it was only 2.02. The chaps had made up about 4 minutes on the MK team and our boys on leg 6 had a better chance to beat MK overall. It was still a tall order, to beat an unknown MK pair and open a 2 minute gap to offset the Shelf lag. At least Michael had recced, so that was one advantage – wasn't it?

Michael and Alan ran like the wind on leg 6 and arrived over 9 minutes ahead of the MK team who had not recced and were probably slower anyway. We were overjoyed, a great result and a victory over our friends and rivals! Pie and peas were eaten, showers were taken, and the team headed south in the gathering dark, another Calderdale was over, all bar the shouting. Err, what shouting is that then?

I was away with work, so I missed the shenanigans on the FRA forum. But we were still on the M1 when Tomsk from Clayton-le-Moors accused the Tring team of short-cutting on leg 6, just before the main road near the end, saving perhaps 30 seconds. Nuttynoodlesotherhalf came to our defence very chivalrously, saying it was hard for a team so far away to recced everything. Sam posted, saying he thought one of the pair would respond. Then the trail went cold until Alan responded on Tuesday, apologising for the mistake and re-iterating the difficulty of reccing in limited time. Tomsk graciously accepted his apology and no more has been said. Michael was somewhat embarrassed about the mistake as he ran the leg last year and recced it this year. The detail was so close on the map where they went wrong that he couldn't really tell the precise line of the defined Calderdale Way, and took the route with all the stud marks as being the correct one. A sound strategy, but noooo, it was down the slippery stone steps! "Luckily" the Clayton team beat us by a few seconds overall once our 2 minute lag at Shelf had been factored in, and we will wonder forever whether they would have protested formally should we have beaten them by a few seconds instead.

It was a great weekend: for the running, the team spirit and the atmosphere generally. The race will be held next year on 9<sup>th</sup> December. There are suggestions that we should book the same accommodation straight away, so I'll enquire about minimum deposit. Diaries out...

Leg	1	2	3	4	5	6
Runners	<i>Steve</i> Sam	Jim Henry	<i>Kirsty</i> Mandy	Simon Tony	Mark Brian	Alan Michael
Leg time	78:51	74:11	50:47	88:27	69:50	80:56
Runners' leg position	19	39	53	51	45	16
Total race time	1:18:51	2:33:02	3:23:49	4:52:16	6:02:06	7:23:02
Team race position	19	26	34	36	35	33
Time ahead of (behind) MK	2:45	3:46	(1:04)	(6:01)	(1:34)	9:17

*Steve Long*

## Tring – Kings and Queens of the Hill

Last year you may recall that Tring men won the team prize for the Box Hill Fell Race. Well, this year the club went one better and won the men's and the ladies' team prizes!

For those of you who don't know the race, it is about seven miles or so (but feels a lot longer!), and is one of the few races in Southern England that qualifies as a fell race. It is a lovely varied race too – different sorts of paths, open grassy down sections, wooded parts, and of course lots of up and down! It also boasts my favourite finish – about half a mile down a lovely short-turfed slope, without as much as a pebble in sight, and set at just the right angle for a really swift descent.

And to top it off, albeit fifteen minutes hobble away, there are excellent changing rooms, with enough hot showers that you don't have to queue, and a bar to have a pie and a pint afterwards whilst waiting for the awards ceremony.

### *Box Hill Fell Race*

<i>Runner</i>	<i>Posn</i>	<i>Time</i>	<i>PB</i>
Sam Williamson	12	58:20	
Steve Long	15	59:30	
Alan Whelan	16	59:36	
Rick Ansell	18	60:19	
Simon Barnett	21	61:03	
Michael Burgess	24	61:41	
Tony Ruberry	57	67:43	
John Manning	73	69:38	
Brian Layton	81	71:08	
Alison Harding	83	71:44	
Kirsty Barnett	90	72:26	
Mandy Bontrhone	106	76:16	
Peter Hamson	115	78:46	
David Heron	139	90:28	

Congratulations to Sam, Steve, Alan and Rick, who made up the men's team, and Alison, Kirsty and Mandy for the ladies. Well done to David too who completed, I think, his second fell race. I knew he was a fell runner at heart!

As well as the team prizes, Alison was first in her age category (as she was last year) and Mandy third in her. Sam, Alan, John, Mandy and David were all 'Box Hill 'virgins' – and I think they all enjoyed themselves!

*Tony Ruberry*

Nigel Bunn, who finished 5<sup>th</sup> in a time of 55:15 was running for TVOC but is in the process of joining Tring Running Club. Nigel is a well established orienteer / fell runner, similar standard to Kevin. Although it's unlikely he'll make many Wednesdays as he lives in Wallingford, he will hopefully, join in with Cross Country, relays etc.

## **Box Hill Fell Race, 20<sup>th</sup> Jan 2007 – Steve Long's view**

It had been pretty unpleasant at the Slough cross country the weekend before, three laps of flat city playing fields jammed between housing estates and the roaring M4, the grass like a threadbare carpet on sticky clay. So it was a relief to get to Box Hill a week later for South London Orienteers' annual leg-pulverising session on the North Downs. It was the first counter in the Tring Off-road championships, and there was a good club turnout.

On the first climb the Tring runners coagulated into two bunches. The first bunch up the hill was Sam, Alan, Michael, Rick, Simon and myself. I'm told there was a second bunch made up of Tony, John, Alison, Kirsty, Mandy, Peter, Brian, with Dave following in his taped up fell shoes, courageously standing in for Chris Egan.

The steep drop from the top of Box Hill allowed me to catch Michael and Rick, with Simon breathing hard down my neck. I ran with Michael on the next slightly uphill section, but we separated on the brambly drop before the second major climb, and Simon disappeared off my radar as well. Rick was pulling away and Alan and Sam were out of sight ahead.

For me, that second climb is the major effort of the race, the longest, steepest, most lung bursting of all. Rick is strong on the climb, and I could see him pecking his way up, looking good all the way. I was barely running, but determined not to lose too much ground. Over the top and through the village, no tricky terrain to differentiate between runners, and everybody maintained position. Back onto the downland, and down the long descent I worked to maintain good speed. Rick was still in sight, but it took all of the northern section on Mickleham Downs to get within striking distance.

Here the course plays into my hands, a nasty steps descent with slippery chalk off to the sides. Throwing caution to the wind I launched downwards, passing Rick and with sudden surprise saw Alan below. I caught Alan at the bottom and we set off up the last major climb together. There was Sam, about a hundred and fifty metres ahead, but we were not going to catch him. Alan had been deliberately taking it easy on the steps in order to be able to attack the last climb, whereas I was paying a price in pain for trying to run uphill after flying down the previous descent. But I hung on to Alan and as we eased over the top the balance shifted somehow and I found myself just ahead, although the margin was distinctly uncomfortable!

I was looking for Sam as we descended the gully, but he was gone. He must have pushed harder than we were capable of from the top of the climb. The last steep little climb back to the top of the main north spur on Box Hill turned my legs into jelly and it was halfway down the finish descent before I picked up speed. I was watching the ground to my right for Alan's shadow, and I glimpsed him just before the finish. I knew the gap was sprintable if Alan could manage it, but we held position into the finish.

Soon, Rick arrived, and shortly afterwards Simon and Michael. It was good packing from Tring, and we were hopeful about retaining the team prize, even without Kevin. At the race Nigel came up and told us he's joined Tring - several of us know him from mountain events, and have shared lifts with him. He'd entered the race as TVOC before joining Tring so didn't count for our team, but wait for next year with both him and Kevin!

We took advantage of the showers and bar at race HQ while the organisers worked out the prize winners. Yes! Tring won the men's team prize, and then, surprise, Tring won the ladies prize too! An excellent day out for Tring, some tough running, great terrain, lovely weather, team spirit, and they even wanted to give us prizes for it!

*Steve Long*

## 2006 Club Cross Country Championships so far

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 from the 2<sup>nd</sup>, 7 for the 3<sup>rd</sup>, 6 for the 4<sup>th</sup> and 5 for anyone else who ran.

With one race to go both the men's and ladies' cross country championships are still wide open. The current positions are as follows:-

MENS									
			WATFORD	LUTON	CULHAM	SLOUGH	WING	TOTAL	Position
	A.	WHELAN	0	10	8	10		28	1
	J.	MANNING	10	5	5	5		25	2
	S.	LONG	0	7	10	5		22	3
	M.	BURGESS	0	8	6	8		22	3=
	S.	WILLIAMSON	0	5	7	7		19	5
	P.	COWAN	8	0	5	0		13	6
	N.	LACEY	6	5	0	0		11	7
	T.	RUBERRY	0	5	5	0		10	8=
	B.	LAYTON	0	5	5	0		10	8=
	D.	HERON	0	0	5	5		10	8=
	P.	HAMSON	7	0	0	0		7	11
	S.	BARNETT	0	6	0	0		6	12
	R.	ANSELL	0	0	0	6		6	12=
	R.	MARTIN	0	5	0	0		5	14=
	J.	SMITH	0	5	0	0		5	14=
	R.	WHITE	0	5	0	0		5	14=
LADIES									
			WATFORD	LUTON	CULHAM	SLOUGH	WING	TOTAL	Position
	R.	RUTT	10	7	7	7		31	1
	A.	HARDING	0	10	10	8		28	2
	K.	BARNETT	0	8	8	10		26	3
	M.	BONTHRONE	0	6	6	6		18	4
	M.	SEVERS	8	5	0	0		13	5
	M.	COOK	0	5	0	5		10	6
	G.	HERON	0	0	5	0		5	7

(These results taken from the TRC website)

## 2006 Club Road Championships

To qualify for the road race championships it is necessary to have completed 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. To receive a score of 100% you would need to equal the world best time for your age. If you take twice as long as the world best time you will receive a score of 50% and so in. Although world best times are only recorded for five year age bands thanks to Tony Hill we have a program to interpolate these times to give times for each year. The average percentage for your best four races is then taken.

The first thing I noticed about the club road championship results this year was the sharp decrease in the number of road races that have been run. The number of runners completing the necessary four road races to qualify for the championships has decreased year by year in recent years. Last year there were only twenty two qualifying runners and this year we were down to a mere fourteen. Not that this means the club is getting weaker. Our performance at the Box Hill Fell race where we won both team prizes, and the fact that we have eleven entries for the Edale Skyline race goes to show we are still a strong club but our priorities are changing.

### *Ladies' Championships*

As stated last month the winner of the Ladies' championship is

**Kirsty Barnett**

After a good solid performance Kirsty wins for the second consecutive year.

The most improved runner is

**Kim Reed**

Who improved from 60.73% to 61.79%

### *Men's Championships*

The winner of the Men's championship is

**Colin Rees**

Who, once again, proved he is in a class of his own and has won more times than anyone can remember. He also recorded what I believe to be the highest score ever achieved by a club member for an individual event, which was 85.42% in the St Albans Fred Hughes 10 mile race.

The most improved runner is the one whose score this year shows the greatest improvement over last year's score. There are of course two ways of becoming the most improved runner. You can either have an extremely good year this year or a rather mediocre year last year. I fear there is more of the latter than the former this year. However, there are two runners who have at least pulled back from the brink and have made a good improvement in 2006 over their 2005 score. These are Geoff Dennis, who has improved from 53.90% to 59.68% and the winner who is

**Mike Gaunt**

Who improved from 45.26% to 51.90%

Congratulations to Kirsty and Kim; Colin and Mike for there fine efforts.

Thanks again to Tony Hill for his work in producing the results.

### *Full Men's Results*

<b>2006 League Data (As at 31st December 2006)</b>		
<b>Name</b>	<b>Percentage</b>	<b>Position</b>
Colin Rees	80.96%	1
John Manning	75.37%	2
Simon Barnett	68.39%	3
David Heron	67.66%	4
Richard White	67.39%	5
Brian Nicholson	64.81%	6
Geoff Dennis	59.68%	7
Nigel Kippax	57.02%	8
Geoff Roser	56.91%	9
Mike Gaunt	51.90%	10

### *Full Ladies' Results*

<b>2006 League Data (As at 31st December 2006)</b>		
<b>Name</b>	<b>Percentage</b>	<b>Position</b>
Kirsty Barnett	68.82%	1
Kim Reed	61.79%	2
Edda Aitchison	61.29%	3
Gill Heron	59.99%	4

### *Full Individual Race Results*

<b>Name</b>	<b>Race in 2006</b>	<b>Distance</b>	<b>Time</b>	<b>%</b>
Alan Whelan	Waddesdon	5km	0:18:31	72.17%
Alan Williams	Pednor	5m	0:44:04	63.77%
Alison Harding	Waddesdon	5km	0:23:30	68.21%
Anna Scarth	Stevenage	H-Mar	1:54:09	60.00%
Anna Scarth	Candleford	10km	0:47:22	65.51%
Anna Scarth	Legoland	10km	0:50:20	61.65%
Ben Evers	Berkhamsted	H-Mar	1:38:48	62.23%
Bonnie Parker	Amersham	5m	0:45:58	53.74%
Brad Burlingham	Berkhamsted	5m	0:41:02	54.36%
Brian Layton	Waddesdon	5km	0:21:50	61.42%
Brian Nicholson	London	Mar	4:15:05	58.66%
Brian Nicholson	Berkhamsted	H-Mar	1:47:16	67.59%
Brian Nicholson	Watford	H-Mar	1:47:22	67.53%
Brian Nicholson	St Albans	10m	1:22:57	65.44%
Clive Cohen	Serpentine	5km	0:20:41	70.65%
Colin Rees	London	Mar	3:21:32	77.35%
Colin Rees	Stevenage	H-Mar	1:32:19	81.82%
Colin Rees	Watford	H-Mar	1:35:18	79.25%
Colin Rees	St Albans	H-Mar	1:35:56	78.73%
Colin Rees	St Albans	10m	1:06:12	85.42%
Dave Jones	Berkhamsted	H-Mar	1:50:44	55.86%
David Heron	Lochaber	Mar	3:52:18	61.51%
David Heron	Halstead	Mar	3:54:38	60.90%
David Heron	White Peak	Mar	3:55:23	60.70%
David Heron	Dumfries	Mar	3:57:22	60.20%
David Heron	Duchy	Mar	4:03:51	58.59%
David Heron	Bungay	Mar	4:11:19	56.85%
David Heron	Berkhamsted	H-Mar	1:52:21	61.61%
David Heron	Pednor	5m	0:36:54	67.65%
David Heron	St Albans	10m	1:16:27	67.80%
David Heron	Maidenhead	10m	1:17:26	66.94%
David Heron	Thame	10km	0:45:57	68.24%
David Heron	Princes Risborough	10km	0:47:43	65.71%
David Heron	Balmoral	10km	0:48:34	64.56%
Duncan Smith	Milton Keynes	H-Mar	1:37:19	63.18%
Edda Aitchison	London	Mar	4:20:12	58.63%
Edda Aitchison	Berkhamsted	H-Mar	1:58:01	62.63%
Edda Aitchison	Waddesdon	5km	0:26:40	60.44%
Edda Aitchison	St Albans	10m	1:27:11	63.47%
Frances Mills	Marlow	H-Mar	2:10:25	55.56%
Frances Mills	Bearbrook	10km	0:58:24	56.22%
Frances Mills	Thame	10km	0:58:48	55.83%
Frances Mills	Princes Risborough	10km	1:02:08	52.84%
Gary Richmond	Berkhamsted	5m	0:38:09	59.95%
Gary Richmond	Wolverton	5m	0:39:41	57.63%
Geoff Dennis	London	Mar	5:16:55	49.71%
Geoff Dennis	Marlow	H-Mar	2:08:58	59.19%
Geoff Dennis	Berkhamsted	H-Mar	2:14:35	56.72%
Geoff Dennis	Watford	H-Mar	2:28:00	51.58%
Geoff Dennis	Pednor	5m	0:43:35	63.13%
Geoff Dennis	St Albans	10m	1:35:46	59.68%
Geoff Dennis	Princes Risborough	10km	1:05:05	53.12%
Geoff Roser	Pednor	5m	0:45:55	57.46%

Geoff Roser	Amersham	5m	0:47:01	56.11%
Geoff Roser	Waddesdon	5km	0:28:13	56.57%
Geoff Roser	Chinnor	10km	0:57:41	57.49%
Gill Foy	Berkhamsted	H-Mar	1:48:06	63.35%
Gill Heron	Lochaber	Mar	4:47:33	54.00%
Gill Heron	Pednor	5m	0:45:06	60.27%
Gill Heron	Waddesdon	5km	0:26:49	61.23%
Gill Heron	St Albans	10m	1:33:03	60.64%
Gill Heron	Maidenhead	10m	1:37:37	57.80%
Gill Heron	Balmoral	10km	1:01:44	55.31%
Gill Heron	Princes Risborough	10km	1:09:00	49.49%
Ian Hodgson	Milton Keynes	H-Mar	1:30:00	68.31%
Ian Hodgson	Watford	H-Mar	1:35:58	64.06%
Ian Hodgson	Maidenhead	10m	1:08:55	66.80%
Janet Reeve	Berkhamsted	5m	0:46:27	53.18%
Jevon O'Neill	Amsterdam	Mar	3:22:54	62.54%
Jim Sinton	Watford	H-Mar	1:29:45	71.14%
Jim Sinton	St Albans	10m	1:05:57	72.48%
John Boielle	Berkhamsted	5m	0:58:29	52.22%
John Court	London	Mar	3:24:36	62.02%
John Court	Berkhamsted	H-Mar	1:35:01	64.70%
John Manning	Shakespeare	Mar	3:25:44	68.87%
John Manning	Watford	H-Mar	1:33:37	73.32%
John Manning	Berkhamsted	H-Mar	1:35:12	72.10%
John Manning	Pednor	5m	0:33:08	74.71%
John Manning	Serpentine	5km	0:19:40	76.12%
John Manning	St Albans	10m	1:07:37	76.02%
John Manning	Thame	10km	0:41:39	74.65%
Jon Scullard	Berkhamsted	H-Mar	1:36:52	63.47%
Jonathan Smith	Pednor	5m	0:35:08	62.36%
Kevin Harding	Waddesdon	5km	0:17:31	81.66%
Kim Reed	London	Mar	4:15:04	55.33%
Kim Reed	Berkhamsted	H-Mar	1:52:19	60.98%
Kim Reed	Watford	H-Mar	1:52:39	60.80%
Kim Reed	Waddesdon	5km	0:25:14	59.13%
Kim Reed	St Albans	10m	1:20:28	63.73%
Kim Reed	Bearbrook	10km	0:50:19	61.67%
Kim Reed	Thame	10km	0:52:11	59.46%
Kim Reed	Princes Risborough	10km	0:57:42	53.78%
Kirsty Barnett	Berkhamsted	H-Mar	1:37:52	69.98%
Kirsty Barnett	Aylesbury	5km	0:22:13	67.16%
Kirsty Barnett	Leighton Buzzard	10m	1:15:40	67.78%
Kirsty Barnett	Bearbrook	10km	0:44:06	70.36%
Mandy Bonthorne	Pednor	5m	0:37:22	69.43%
Maria Cook	Marlow	H-Mar	1:49:44	65.56%
Maria Cook	Wolverton	5m	0:37:25	69.34%
Maria Cook	Candleford	10km	0:49:01	66.49%
Michael Lamb	Milton Keynes	H-Mar	1:36:05	63.99%
Michael Lamb	Watford	H-Mar	1:40:53	60.94%
Michaela Colwell	Candleford	10km	0:45:06	68.80%
Mike Burgess	London	Mar	2:48:29	79.77%
Mike Burgess	Berkhamsted	H-Mar	1:20:30	80.89%
Mike Gaunt	London	Mar	4:56:28	49.00%
Mike Gaunt	Watford	H-Mar	2:23:34	49.02%
Mike Gaunt	Waddesdon	5km	0:28:49	53.27%
Mike Gaunt	St Albans	10m	1:33:38	56.28%
Nick Pierpoint	Berkhamsted	5m	0:42:15	56.79%

Nicola Richmond	Berkhamsted	5m	0:55:37	40.60%
Nicola Richmond	Wolverton	5m	0:56:20	40.08%
Nicola Richmond	Bearbrook	10km	1:06:09	42.90%
Nigel Kippax	London	Mar	4:28:34	47.25%
Nigel Kippax	Berkhamsted	H-Mar	1:41:57	60.30%
Nigel Kippax	Watford	H-Mar	1:44:23	58.90%
Nigel Kippax	Pednor	5m	0:35:58	61.64%
Nigel Lacey	Pednor	5m	0:40:53	60.55%
Pam Burley	Waddesdon	5km	0:35:59	41.46%
Paul Burrows	Watford	H-Mar	1:46:36	57.67%
Paul Cowan	Watford	H-Mar	1:36:55	63.83%
Paul Cowan	Berkhamsted	H-Mar	1:39:46	62.00%
Paul Cowan	Pednor	5m	0:33:42	66.19%
Peter Hamson	London	Mar	4:09:25	60.00%
Peter Hamson	Watford	H-Mar	1:47:28	67.47%
Phil Wilton	Marlow	H-Mar	1:43:46	64.12%
Phil Wilton	Amersham	5m	0:35:41	67.24%
Richard White	Milton Keynes	H-Mar	1:40:56	68.01%
Richard White	Watford	H-Mar	1:44:57	65.41%
Richard White	Berkhamsted	H-Mar	1:46:58	64.17%
Richard White	Wolverton	5m	0:36:29	67.85%
Richard White	St Albans	10m	1:15:15	68.31%
Rick Ansell	Amersham	5m	0:32:06	73.69%
Rob Brown	Pednor	5m	0:31:21	76.53%
Rob Brown	Bearbrook	10km	0:39:52	75.60%
Rob Brown	Thame	10km	0:40:12	74.98%
Ronald Bramley	Thame	10km	0:55:44	49.98%
Russell Baker	Watford	H-Mar	1:34:13	65.66%
Sam Williamson	Amersham	5m	0:30:12	73.41%
Sarah Hill	London	Mar	3:49:57	61.80%
Sarah Hill	Berkhamsted	H-Mar	1:44:50	65.78%
Sarah Hill	Waddesdon	5km	0:23:49	63.08%
Sarah Hunter	Candleford	10km	0:46:11	67.19%
Simon Barnett	Berkhamsted	H-Mar	1:28:19	69.61%
Simon Barnett	Aylesbury	5km	0:18:51	70.89%
Simon Barnett	Leighton Buzzard	10m	1:15:41	60.82%
Simon Barnett	Bearbrook	10km	0:38:34	72.23%
Simon Jelfs	Waddesdon	5km	0:26:54	49.68%
Simon Webb	Pednor	5m	0:34:00	65.21%
Tom Griffin	London	Mar	3:20:05	74.79%
Tom Griffin	Stevenage	H-Mar	1:31:05	79.60%
Tony Ruberry	Berkhamsted	H-Mar	1:30:35	73.98%
Tony Ruberry	Pednor	5m	0:31:59	75.55%
Tony Ruberry	Manches Moor	10km	0:40:42	74.58%
Tonya Williams	Berkhamsted	H-Mar	1:57:11	58.85%
Verna Burgess	Watford	H-Mar	1:56:26	59.22%
Will Fanstone	Berkhamsted	H-Mar	1:27:56	69.92%